

Practice Planning System

- Honor the practice schedule. Players love to be organized – if you say a practice is going to be 1 hour and 30 minutes make sure that is exactly how long it is.
- Scale down practices as the season progresses. For example, you may do 2 hour practices to start, then on Jan. 1 you scale back to 1 hour and a half, then on March 1 you go to 1 hour. This will help keep players legs fresh.

Sample Practice Schedule:

- 10 minute exercise block
- 10 minute shooting block
 - Big man drills
 - Rapid fire shooting
 - Spot shooting
 - Alternate doing one of these drills each day
- 10 minute defense block
 - Examples would be 2 on 1, 3 on 2, etc.
 - Do five drills a day for 2 min. each
- 10 minute offense block
- 15 minute fast break block
- 15 minute pressure block
 - 5 min against full court pressure 1-2-1-1
 - 5 min against $\frac{3}{4}$ court traps 2-2-1
 - 5 min against $\frac{1}{2}$ court traps 1-3-1
- 5 minute specials block
 - Baseline out of bounds
 - Side out of bounds
 - Length of the court out of bounds
- Never end practice with suicides! Always do drills with the ball.
- Make practice fun!