



PRACTICE PLANNING CHECKLIST

PUT THE PRACTICE DOWN ON PAPER

Plan out the entire practice from start to finish. Write down the drills you're going to run, how long you're going to run them for and any specific coaching tips or points of emphasis. Make notes on what worked and what didn't so you can improve for next time.

STAY ON SCHEDULE

Start practice on time and finish on time

ALTERNATE HARD & EASY SEGMENTS

Follow conditioning drills by shooting free throws. Follow full court drills by working on your offensive sets and inbounds plays.

PRACTICE THE WAY YOU PLAY

What style do you play? Pressure defense? Transition? Zone? Run drills in practice that emphasize your approach to real games.

2/3 SKILL WORK, 1/3 TEAM PLAY

In a one-hour practice, you would spend 40 minutes on skill development and 20 minutes on team drills and scrimmages.

PRACTICE TO IMPROVE *YOUR* TEAM

Focus on improving your players and not what your opponents may or may not be doing.

BREAKDOWN WORK DAILY (POSITION SPECIFIC DRILLS)

Break the team down into 2 groups (biggs and guards) and have an assistant run one group at one end of the court. If you're alone, stay at center court and observe both ends from there.

GIVE SENIOR PLAYERS LEADERSHIP ROLES

Have them demonstrate drills, pick teams, call plays etc.

MINIMUM 20 MINUTES OF SHOOTING A DAY

Practice the same types of shots you regularly get in games.

WORK ON SPECIAL SITUATIONS

To prepare players for late game high pressure situations, put them in scenarios and have them play them out when you get a chance (ie. tie game with 2 minutes to go, down 1 with 45 seconds left, etc).

SHORTEN PRACTICE THE DAY BEFORE A GAME

Spend your time on shooting drills and running through your plays.

BEGIN AND END YOUR PRACTICE WITH MEANING

Start the practice by laying out what the plan is for the day and getting players motivated and started on the right foot. End the practice going over high points and telling them what the next day/game is going to be like. Always end practice on a positive note.

KEEP STATS ON DRILLS AT PRACTICE

Write down the numbers for all the shooting drills, transition layup drills etc., and challenge players to improve on those numbers as the season goes on.

LISTEN TO PRACTICE - ARE THEY COMMUNICATING? CAN YOU HEAR SHARP CUTTING?

Every once in a while, close your eyes and listen to the practice. It should be noisy, with lots of squeaking sneakers and communication between the players.

CONDITION *WITH* THE BASKETBALL

Run transition drills, full court ballhandling drills etc.

UTILIZE ASSISTANTS EVERYDAY

Use assistants to break down your group into stations, referee scrimmages, and assist in drills.