

Practicing with a Purpose: Ideas and Drills

Nebraska Coaches Association Clinic
2018



Papillion-LaVista South Lady Titan Basketball



- Maximize the academic, athletic and citizenship potential of all our student-athletes
- Trust, Love, Commitment (TLC)
- Play Hard
- Play Together
- Play with a Purpose



Overview of Practice Planning- Items to Address

- **Who are we? How do WE give THIS GROUP of players a chance to maximize their potential and win as many games as possible?**
- **Set clear roles for the players (3 times a year)**
- **TRUST does not come with a title anymore**
- **Must have trust to be able to coach the team**
- **Explain the WHY of each drill**
- **THEY are responsible for THEIR success**
- **Ask your players if they want the truth? Are they willing to work?**

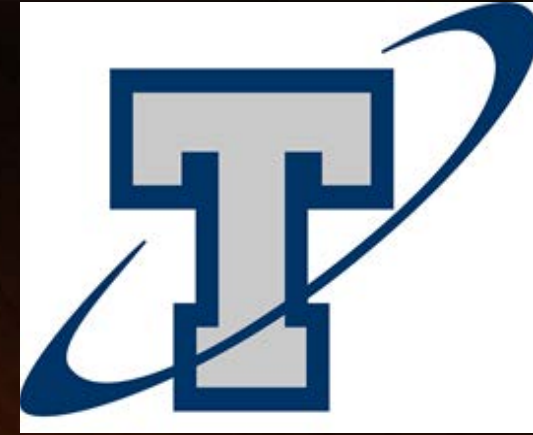


Overview of Practice Planning

- **Planning an effective basketball practice is one of the most important aspects of coaching.**
- **We owe it to our players to be prepared to help them maximize their potential.**
- **Practice planning is a facet of this profession that we can all improve upon and learn from each other.**
- **This task requires time, serious thought and breakdown since there are a number of factors to be considered.**
- **Begin with the end in mind**



Overview of Practice Planning



- **Planning should be done well in advance**
- **Entire practice calendar done before the season starts w/ boys coach**
- **Have the first 2 weeks of practices ready (will adjust several times)**
- **Early in a season the objective of a practice is teaching and learning**
- **Gain insight from assistant coaches (plan together if possible)**
- **Turn parts of practice over to assistant coaches and players**
- **Limit the amount of transitions between rotations, drills and segments**
- **Soar with your strengths; triple down on what you are good at**

Planning the Practice- Master Practice Plan

- Master practice plan is a general outline that can be adjusted
- Detailed system of offense, defense and special teams in mind before beginning any planning
- Once you know your system, pinpoint the necessary fundamentals that the players will need to know and execute
- Offensive Syllabus/Checklist
- Individual Offensive Skills and Fundamentals
- Defensive Syllabus/Checklist
- Individual Defensive Skills and Fundamentals



Planning the Practice- Daily Practice Plan

- Huddle or talk as a team before the start of practice or will your communication be done outside of practice?
- I have always greeted every player, coach, manager, etc. before each practice. We are going to have each girl fist bump and acknowledge all their teammates and coaches
- We will spend 3-5 minutes on a team building activity to begin practice
- Then we have to take pre-practice seriously
 - Injury prevention
 - Prepare for the rigors of practice
- Let girls be girls; Basketball players when practice begins



Planning the Practice- Daily Practice Plan Structure

- Make practices physically, mentally and emotionally challenging
- Peer Pressure drills and short sided games early to get them dialed in and focused
- Bring the intensity early and do what is important to you while they are fresh
- Shooting for 10 minutes; specific to offense; competition
- Offensive attack drills and development
- Work on offense and defense simultaneously
- Finish with something they enjoy



Planning the Practice- Daily Practice Plan

- Practice Planning Software
- Breaks down how you spend practice time
- Saves plans, drills, practice teams so it helps with efficiency
- Easy to convert into PDF files and share with the coaches and players
- Repetition with variety



Planning the Practice- Ending Practice

- **Finish with something they enjoy**
- **Individual and Team Challenges**
- **Communication Circle**
 - Something they admire about a teammate
 - Something they need to improve
 - Exceptional display of teamwork (Hard Hat Award)
 - Funny story
 - Great hustle or effort
- **We usually do not condition at the end of practice**

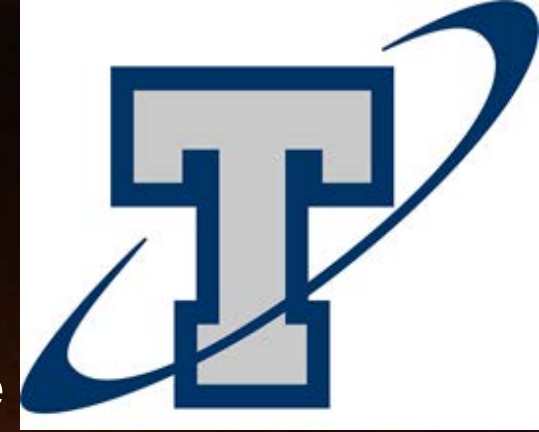


Planning the Practice- Ideas

- If someone from outside your program comes to your practice, they should be able to learn how you want to play, what is important to you and your culture by watching practice. If they cannot articulate that, then we might be wasting our time in practice.
- Make as much of your practice competitive as possible
- Competition should bring out the best in us and help reveal who we are
- Physically, mentally, and emotionally must be at your absolute best for games
- *“Praise the action you want repeated.”* – Dean Smith

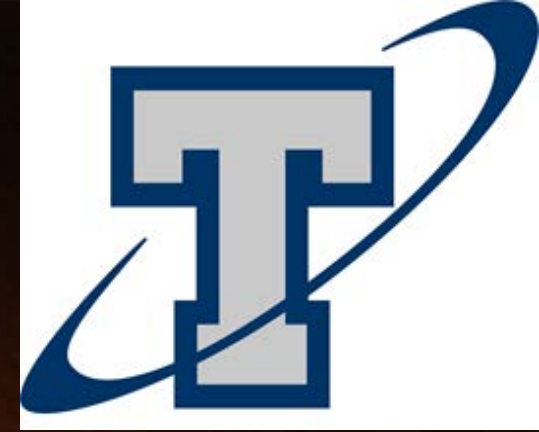


Planning the Practice- Ideas



- **Rules vs. Standards**—the environment you create will create the opportunity for athletes to become successful
- Practice at the pace you want
- You want the game to look like your practices, not the other guys
- Perfect? Come back to it another day?
- Practice special situations as a “validation” for winning a drill (Buzz Williams)
- Your practice plan should be planned around the skills needed to perform your system. Just because you’ve seen a nice drill on the internet or at another practice that does not mean it fits what you are trying to do

Planning the Practice- Ideas



- How do you use injured players during practice?
 - Concussions
 - Film Practice
 - Passing
 - Sweep floor
- Are you developing a recovery practice for the day after an intense game?
- Creative ways to emphasize what you want (Toughness Tuesdays)
- What is your emphasis to your players and how is it measurable?
 - Deflections (25)
 - Points Per Possession (1.0)
 - Defensive Rebounding Percentage (68%)

Planning the Practice- Warmup Drills

- Warm-Up Shooting
- Pass, Pass, Handoff
- Commando Ball Handling
- Daily Dozen
- Jab Series
- 2 Man Drills
- Post Drops
- 2 Ball/2 Person Series
- “20” Shooting
- Racer Closeouts
- 5 Spot Closeouts
- 3 Line Closeouts
- Fratello Closeouts
- Partner Layups
- Get 50



Short-Sided Games

- **1/1 Cone– 6 or 7 seconds**
- **1/1 Princeton– 6 or 7 seconds**
- **1/1 Contact**
- **1/1 Elbow**
- **1/1 Hand tap**
- **2/1 with a chaser**
- **2/2 with a coach release**
- **3/3 with a coach release**



Drills to transfer a competitive spirit

- 4 on 4 cutthroat—play to 5; variation: only score on defense
- Perfect 30—Perfect 10— you decide what a perfect possession looks like
Variations: all talking, no middle, bodies on bodies; reset if not satisfied
- Rebound the line—tough, physical and demanding. Nobody to blame
- Alford Rebounding— 2 on 2 Rebounding
- Cleaves Drill- Steve Schmidt (Twice a year)
- 3 on 3 Pressure- Miles
- Win the game- Jay Wright

