

Practices

- make them fun and competitive
- Detailed practice plan with time segments
- keep to schedule
- always work on skill development, throughout the season
- Build on drills as season continues
- Combine drills and teaching points to maximize time
- Include offense and defense and drills
- Include footwork in drills
- Include moves and ball handling in shooting drills
- Teach same skills to all players-posts should dribble and guards should post
- Building blocks for improvement
- Create a system of disadvantages and advantages, constraints and freedom to improvise
- Over reach early on in season
 - teach in paragraphs, detail
 - slow it down to make each piece better
- When first learning a skill do it a in a controlled, non threatening environment then add disorder, chaos and competition
- Teaching a skill: demonstrate, rep it, correct it, rep again
- Teaching a skill: drill then implement into competition
- As the season progresses:
 - Teach in sound bites
 - teach active learning, let kids figure it out!
 - Don't repeat yourself. Give instructions one time!

*Guys who can't have a bad practice: your best players, point guard and coach. We need to be led well

* Need to coach any team to its best players (pull others up to that highest level).

Every practice should include ball handling, finishing, foot work and shooting
Every practice should include some 1 on 1 and scrimmaging.
Include small sided games: 3 on 3, 4 on 4, decisions and restraints for points of emphasis

Practice models/philosophy
Balance the technical/tactica vs behavior/intangibles
Blocked/controlled vs random/dynamic practice
Chaos vs organization
Slow, precise vs spirited competition
Detail, fundamental technique vs creativity, freedom, exploration
Execution vs intensity
Technique vs competition

5 on 0 slow, deliberate learning vs 5 on 5 fast, active learning
Full court, half court, vs small sided games
Let players explore but give feedback

What kind of coach are you?

How much do you intervene in practice?

What is your balance of developmental, technical vs competitive drills

Are you just a get it done, figure it out (toughness) coach? Or are you overly technical in a way that stifles competition and active learning?

Do you over devote to fundamentals or under devote?

Do you talk too much in practice or not enough? Over or under coach?

Do kids not get enough reps and flow? Or do you not stop and break down enough?

Controlled repetitions, varied repetitions

Teach in sound bites, not paragraphs

PGC tips for better practices:

- 1) Make it emotional-be vulnerable with your players-share difficulties and struggles, highs and lows. Thankfulness thursdays, Tough tuesdays
- 2) Keep score in competitive drills, games and situations for application of knowledge and to foster a competitive spirit
- 3) Don't create great practice players(over detailed, organization coach)
- 4) Don't be a get it done, figure it out coach, who hasn't developed technical foundational skills which are necessary to be great
- 5) Schedule and emphasize intangibles not just skills-what is the intangible for the day?
What
- 6) Emphasize a skill you want to improve on each practice. The win. What are we getting better at today?