Practice Planning Thoughts

-3 types of shooting drills
    -spot shooting – shots you get in your offense
    -rapid fire shooting – 60-80 shots in 10 minutes
    -post shooting drills
-Defensive Drills – 2 different drills at each end of the floor
    -defensive stations??????? – cover more????
-Break practice down into segments for each day
        -offense
        -defense
        -transition
        -block out/rebounding
        -conversion
        -shooting
        -special teams – 3 groups/3 techniques
        -special situations
        -Play hard/Competition
-Make a weekly schedule as well as a daily schedule
    -have the daily schedules follow the weekly schedules
-Do we want to switch screens
-What do we want to chart in practice
-Coaching responsibilities during 5/5 play
-Work on different game situations each day – after first week
-Have to have more 5/5 Full Court Competition drills (score/stop/score mentality)
    -time & score throughout practice – create competition
-Teachable moments during practice – have to balance teaching & reps
-Teachable moments on the sideline – to keep t e drill moving
    -keep seeing the same things – address them as a whole
-Disadvantage defensive drills (4/5, 5/6 – scramble/communication drills)
-5 Laws of Learning
    -tell them
    -show them
    -have them show you (proper demonstration)
    -correct the demonstration
    -proper repetition
-Whole/Part/Whole Teaching
    -30% greater retention rate with the whole
    -"part" = details of the whole – explain/teach the details of our system

HAVE TO TEACH THE DETAILS OF OUR PROGRAM/SYSTEM

-We are what we emphasize, what do we want to be on offense & defense
-Emphasize the process that leads to the results – "WINS"
-How do we want handle individual film during game schedule – groups/positions/etc…
-Continue each drill into the conversion & transition piece – play 94 feet of basketball

-Compliments of Mayville State Women's Basketball