Mike Krzyzewski-Practice Planning

Goals and Philosophy

Work Hard

Concentrate

Communicate

Compete

3 Systems when Planning a Practice

Offensive

Defensive

Communication

***HEAR-You Forget**

***SEE-You Remember**

***DO-You Understand**

Don't Talk Too Much

***What you know is important, but the most important thing is…… "How do your players respond under game conditions?"**

Practice Planning Process

Have a practice plan…Ask yourself these questions yearly and most importantly, daily:

***Who am I coaching?**

***How old are they?**

***How much experience do they have?**

-Not just playing, but in your system

***How many players do I have?**

***What do I coach?**

***How do I coach my system?**

***How do I teach it?**

-Develop physical habits that fit your system

-You need intelligent, intensive, persistent work

-Drills should be intelligent

-Drills should make sense

-"I am going to teach this…we are going to get it done" (Persistent)

***How much time do I have?**

-Daily, weekly, monthly, yearly

***What resources do I have to help me teach? Facilities?**

-How many baskets

-How many coaches

-Use of managers is the key to the program

-Some of the smartest kids who can help your program are right in your school and they do not play basketball

***When do we practice?**

-Use time effectively

-Make weekly practice schedule and adapt beginning and ending times accordingly based on events-personal or school

-Do a weekly practice plan, but make a daily practice plan each day!!

-Keep yourself current based on your teams needs on a daily basis

-Be flexible within the practice sessions

-Be organized, but…"Do Not Be A Slave to Your Practice Plan"

Pre-Practice and Post Practice Work

***Pre-Practice Meeting with Coaching Staff**

-Practice plan is already written; Discuss who will do what

***Pre & Post practice Work**

-Have organized pre-practice work

-Ex. Practice might be at 3:00, but you have the facility from 2:30 to 5:00; You would have from 2:30 to 3:00 for pre-practice work

-Pre & Post Practice work on individual or small group work that individuals might need to work on

-Can get lots of shooting in

-Can review a drill a player didn't understand

-Have an organized stretching routine

Practice

***Should be no longer than 2hrs (Not counting Pre & Post Practice)**

***Eliminate as much standing time as possible**

-Allocate all of your resources to get players as many reps as possible (Especially on individual drills Ex. 1 on 1 Denial Drill)

-Good physical habits are not developed without reps

***Match-up players for drills so they don't end up going with the same person every time**

***Throughout practice, let players sub for each other…If you want a definite group…then call for them**

***Make drills and practice situations…Game-Like (including instructions)**

-Don't walk and talk players through drill instructions (Not Gamelike)

***Have a 10 minute period where you have a "Sprint Practice"**

-Change things a bunch

-Continually alter what you are doing on the run (Like in a game)

***Practice Game Situations**

-End of quarter, End of Game, All Game Situations

***Simulate Halftime**

***Vary the places and times you talk to your team (limited attention span)**

***Videotape everything that is 4 on 4 and 5 on 5**

-You might focus on an individual player or specific drill

-Remember:HEAR-SEE-DO

***Free Throws**

-Do Pressure Free Throw Drills

Post Practice Meeting with Staff

***Critique Practice**

-"We did a good job with this"

-"I think we need more work with this"

-"Lets come back tomorrow with this"

-I was going to come back tomorrow with this, but I think it is better that we do this"

-DO NOT BE A SLAVE TO THE PRACTICE PLAN

Game Preparation

***Preparation for the next game starts directly at the end of your last game**

***First, watch the tape of your last game**

-Make sure of what you think you saw during the game

***Scouting report of your upcoming opponent with stats**

***First part of next practice is a team meeting**

-Have to have closure from previous game

-Then, leave that location "Shutting the Door"

-Switch to a different area and start talking about next game…

"Opening the Door"

-Give a real quick summary of the next opponent, then start practice

-Offense and Defense can revolve around a few things the next opponent will do

-You can also work on areas in which you struggled in previous game

-It is not all getting ready for the next team. It is getting us ready

-"I want to take care of us before getting into elaborate game plans"

-"Your kids don't know your plays…How the hell are they gonna know their plays?????" They should know tendencies

-Respect your opponent; Whether it is the lowest team in your conference or the #1 team in your conference

-"We PLAY in every game"

-"I want our team to be GREAT every time we play

-Practices prepare you for competition

-The better you plan and conduct your practices, the better you will be on game day