

Practice Checklist

Get coaching done prior to, not during the game.

Preparation

- Prepare a well thought out practice plan. However, be flexible and ready to improvise. Sometimes even the best of well laid out plans can go awry or get disrupted.
- Every drill and activity has value or purpose. Include individual player development. Develop all of your players to the best of their capabilities.
- Make drills competitive. Break down drills should be challenging and tougher than game situations.
- Alternate physically tough and easy drills.

Before Stepping Onto Court

- All coaches dress appropriately for practice.
- All coaches are informed and ready to carry out a successful practice.
- Carry a note card to refer to during practices.
- Manager has all necessary equipment available (balls, scrimmage vests, video equipment, etc.)
- Double check facility for safety (standards put away, floor swept, etc)
- Make sure that a first aid kit and supplies are available including ice or cool packs
- No one steps on the floor without full hustle attitude. Insist on a team effort at all times (Great teams are a result of the best players being the hardest workers).

On the Court

- Take Basketball's 4 E's (Energy, Effort, Enthusiasm and Enjoyment) onto the court.
- Early Time is a vital part of practice. It is the foundation of a successful workout. Work on individual skills.
- Warm-Up without proper warm-up is not only detrimental to a player's health, but to their athletic performance as well.
- Insure maximum teaching and learning is taking place on every drill.
- Do not over coach, keep your instructions simple. Clarify rather than confuse.
- Demand and get eye contact of all players and coaches prior to speaking.
- Inform players what you are going to teach them, then teach them, and finally, tell them what you taught them.
- Use positive reinforcement and point out successful performances rather than negative ones. Use constructive criticism when appropriate, but never yell.
- Make precise corrections. Do not get caught up with lengthy explanations.
- No missed lay-ups or dunks. Automatic 10 pushups – "Basketball is a game of habits."
- Do not waste time. If a drill is going poorly, stop it and go onto something else (Come back to it later or next practice).
- End practice on high note or successful achievement (made pressure free throw, shooting contest, half court shot, etc.).
- Cooling down and/or stretching after practice can be more beneficial to injury prevention than stretching at the start of practice.

Post Practice

- Conduct a practice evaluation coaches meeting. Collect input for future practice(s).
- Record any player injuries and first aid treatment. File for future reference.
- Double check to make sure all equipment is put away.
- Locker room is clean.

During a game, you cannot expect players to execute anything that has not been covered in practice. Get coaching done prior to, not during the game.