EFFECTIVE PRACTICE PLANNING

Run great practices and prepare your players to perform at their highest level.

KEY 5 COACHING

EFFECTIVE PRACTICE PLANNING

With this practice plan guide, blank practice plan template, and accompanying video breakdown; you'll have the outline to not only run great practices but also to prepare your players to perform at their highest level when it's game time.

At Key5 Coaching, we believe there are five categories you have to be proficient in to maximize your potential as a coach. The five key categories are:

1. Leadership
2. Culture
3. Master Teaching
4. Player Development
5. Systems and Strategies

When it comes to practice planning, this guide and video will focus on the category of:

Systems and Strategies

As you jump in, we recommend watching the accompanying video and following along with this PDF to faciliate/accelerate your growth/learning in running more efficient and effective practices.

PRACTICE PLAN VIDEO

Be sure to follow along with the
Effective Practice Planning video
by logging into **Key5Coaching.com**.

PRACTICE PLAN SAMPLE

KEY5 COACHING

PRACTICE #	DATE:	Emphasis/Focus	
Pre-Huddle:	Thankful Thursday	**Culture**	Communication
	What we will see most - What we will take away	**Basketball**	2 hands - 2 feet
	Accountabilty Partners	**AC: Graham**	Def. Comm.
Warm-Up:	1. Stretch 2. Pill	**AC: Lisa**	Offensive Reb

			Basketball	***Culture/Intangible***
Lead	**Time**	**Drill**	**POE**	**POE**
G	8 Mins	Transition shooting (400)	Feet ready	Communication
TJ	7 Mins	G1: 4 on 4 Change to 9	In the bubble	Communication
TJ	14 mins	Defensive Build Up Progression	Feet and hands	Precision
G	4 Mins	G2: 5 on 5 Hockey hi score after 4 mins	Spacing	Communication
	3 Mins	Free Throw 11		
TJ	10 Mins	G3: 5 on 4 Scramble to 11	Body and ball	Communication
L	5 Mins	Wing Corner Fill contest shooting (100)	Feet ready	Communication
G	3 Mins	Post Feed and D	Feet and hands	Precision
TJ	4 Mins	G4: 5 on 5 War hi score after 4 mins	Compete	Hustle
G	8 Mins	Guard Finishing	Balance	Precision
L		Post Routine	Balance	Precision
L	6 Mins	Push/ Pull Contest (250)	Footwork	Spirit
TJ	8 Mins	G5: 8 minute 8 ball - hi score	Feet and hands	Communication
G	7 Mins	Read shooting (250)	Arc	Precision
Total Makes out of 1000			522/1000	
Red: Boston, Derrick, Mike, Kel, Ky, Willy			Wins: 3	
Blue: Steve, Ken, Nick, AG, Jack, Nate			Wins: 2	

Post-Huddle:	
Coaches Reminders	
3 C's:	**Check - Celebrate - Commit**
Relationships:	**Boston, Derrick, Jay**
Other Reminders:	**6 week grade reports**

Notes:

PRACTICE PLAN LAYOUT

At the very top, in the Pre-Practice box, there are two parts:

1. Pre-practice items
2. Things to emphasize and focus on as a coaching staff during practice

Next is the actual practice plan which includes columns for:

- **Lead** - A reminder so each coach knows which drills they are assigned to lead during practice. Head Coaches - make sure each member of your staff has a role.

- **Time** - An estimate of how long it will take to complete each drill (with room for flexibility). Timing can depend on how important the drill is, what the goals are that day and the over-all practice structure.

- **Drill** - What you're doing at that given point in the practice. The order of drills is created in an intentional matter building both up and down. Naming drills helps lead to efficiency on paper and in practice.

- **POE** (Point of Emphasis) - "Keep the main thing the main thing" and create a specific focus for coaches and players. The basketball column is for the basketball or physical skill, principle, or load. The culture column is to bring to life a team value, pillar, or principle in your program by reinforcing and emphasizing it during practice.

Below the list of drills are two more things:

1. An area to divide the players into two teams
2. A total number of game-like shots to take and make during practice

At the bottom, the Post-Huddle slot is for reminders at the end of practice. The bottom right corner is for jotting down a note or two during practice. Keeping notes and reflecting on each practice can help you steadily increase practice flow and teach effectively every day.

PRE-PRACTICE

PRACTICE PLAN SNAPSHOT

PRACTICE #	DATE:	Emphasis/Focus	
Pre-Huddle:	Thankful Thursday	**Culture**	Communication
	What we will see most - What we will take away	**Basketball**	2 hands - 2 feet
	Accountabilty Partners	**AC: Graham**	Def. Comm.
Warm-Up:	1. Stretch 2. Pill	**AC: Lisa**	Offensive Reb

Teams often huddle together before each practice. This is where to list any pre-practice activities as well as any focus points or reminders before practice starts.

Having a specific activity geared towards days of the week can be a great way to engage with your team. Ideas include:

- Thankful Thursday
- My Commitment Monday
- Tough Tuesday

It helps to start the day with a theme that gets our communication going and builds connection.

On the example practice plan are, “What we will see the most” and “What we will take away.” These are reminders for the things players should be looking for in practice referencing what we may have discussed already in a team meeting or film session. Align and enroll your players in the vision, mission, and goals you want the team to move toward.

It’s a good idea to build in time for individuals to get better at their game. “The Pill” takes place for a few minutes as we get ready for practice. Each player has time to hone their skills and improve in specific areas. Regardless of what you do in your pre-practice time, it’s important to plan it in a purposeful way.

CULTURE/INTANGIBLES

PRACTICE PLAN SNAPSHOT

			Basketball	Culture/Intangible
Lead	Time	Drill	POE	POE
G	8 Mins	Transition shooting (400)	Feet ready	Communication
TJ	7 Mins	G1: 4 on 4 Change to 9	In the bubble	Communication
TJ	14 mins	Defensive Build Up Progression	Feet and hands	Precision
G	4 Mins	G2: 5 on 5 Hockey hi score after 4 mins	Spacing	Communication
	3 Mins	Free Throw 11		
TJ	10 Mins	G3: 5 on 4 Scramble to 11	Body and ball	Communication
L	5 Mins	Wing Corner Fill contest shooting (100)	Feet ready	Communication
G	3 Mins	Post Feed and D	Feet and hands	Precision
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G	8 Mins	Guard Finishing	Balance	Precision
L		Post Routine	Balance	Precision
L	6 Mins	Push/ Pull Contest (250)	Footwork	Spirit
TJ	8 Mins	G5: 8 minute 8 ball - hi score	Feet and hands	Communication
G	7 Mins	Read shooting (250)	Arc	Precision

Team culture and intangibles in your program must be front and center. We often go on the court just to do basketball stuff, but we're selling ourselves short if we're not developing our team and players holistically and focusing on this part of our program every day in practice.

As coaches we get frustrated with our players because they're not communicating, they're not hustling, or they're not doing things precisely; but we're not teaching it consistently. In every drill, we want to make sure we're teaching one of the intangibles that we value as a program.

For example, take a drill like the three-man weave. You can completely change the emphasis and difficulty by loading your players with intangible pieces. This way they not only improve their basketball skills but also raise the standard of their communication. An intentional focus ensures you're teaching it and your players are active participants in your culture.

Whatever aspect of your culture and intangibles you decide to focus on is what you're going to get. Remember, it's not what you teach, it's what you emphasize.

GAME-LIKE SHOTS

PRACTICE PLAN SNAPSHOT

			Basketball	*Culture/Intangible*
Lead	**Time**	**Drill**	**POE**	**POE**
G	8 Mins	Transition shooting (400)	Feet ready	Communication
TJ	7 Mins	G1: 4 on 4 Change to 9	In the bubble	Communication
TJ	14 mins	Defensive Build Up Progression	Feet and hands	Precision
G	4 Mins	G2: 5 on 5 Hockey hi score after 4 mins	Spacing	Communication
	3 Mins	Free Throw 11		
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G	8 Mins	Guard Finishing	Balance	Precision
L		Post Routine	Balance	Precision
L	6 Mins	Push/ Pull Contest (250)	Footwork	Spirit
TJ	8 Mins	G5: 8 minute 8 ball - hi score	Feet and hands	Communication
G	7 Mins	Read shooting (250)	Arc	Precision
Total Makes out of 1000			522/1000	

The third element of effective practice planning is game-like shots. Every team works on shooting in practice, but not every coach makes sure their team is getting game-like shots within every practice.

In the yellow rows highlighted above we allot time for a shooting drill and list the number of shots we want to shoot within that segment.

Your daily number will vary depending on your game schedule and the period of the season you're in. These factors will affect the number of game-like shots you'll be able to get up as a team. The quality and execution of your shooting drills will determine whether or not they're game-like. Scheduling them into your practice plan, creating target numbers and tracking individual and team totals will help you reach your goals.

COMPETITION

PRACTICE PLAN SNAPSHOT

			Basketball	*Culture/Intangible*
Lead	**Time**	**Drill**	**POE**	**POE**
G	8 Mins	Transition shooting (400)	Feet ready	Communication
TJ	7 Mins	G1: 4 on 4 Change to 9	In the bubble	Communication
TJ	14 mins	Defensive Build Up Progression	Feet and hands	Precision
G	4 Mins	G2: 5 on 5 Hockey hi score after 4 mins	Spacing	Communication
	3 Mins	Free Throw 11		
TJ	10 Mins	G3: 5 on 4 Scramble to 11	Body and ball	Communication
L	5 Mins	Wing Corner Fill contest shooting (100)	Feet ready	Communication
G	3 Mins	Post Feed and D	Feet and hands	Precision
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G	8 Mins	Guard Finishing	Balance	Precision
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TJ	8 Mins	G5: 8 minute 8 ball - hi score	Feet and hands	Communication
G	7 Mins	Read shooting (250)	Arc	Precision
Total Makes out of 1000			522/1000	
Red: Boston, Derrick, Mike, Kel, Ky, Willy			Wins: 3	
Blue: Steve, Ken, Nick, AG, Jack, Nate			Wins: 2	

The fourth phase of running effective and efficient practices: competition. One way to ensure you're creating a competitive environment in your program is to keep a competitive theme throughout practice.

Create teams each practice. The number and size could vary depending on the plan. Throughout the practice keep track of which teams win the competitively designed drills. At the end of practice tally the results.

The number of competitive drills might change every day depending on what's being emphasized, but a competitive spirit in practice will be the focus by consistently having opportunities for players and teams to win on the court.

In the end, it doesn't matter what drills you use. What matters is they know that somebody wins and somebody loses in an allotted amount of time or with a particular score. If your team isn't at the competitive level, you can modify this and make it a bit more fun. Be age and stage appropriate for what's going to make your team and players better.

POST-PRACTICE

PRACTICE PLAN SNAPSHOT

Post-Huddle:		Notes:
Coaches Reminders		
3 C's:	**Check - Celebrate - Commit**	
Relationships:	**Boston, Derrick, Jay**	
Other Reminders:	**6 week grade reports**	

The final aspect involves how you wrap-up practice.

It's important to influence your players' mindset in a positive way each day when they leave practice and help them focus on what's important for the team.

First, consider checking in with your players and addressing any current challenges or feelings: What's their overall feeling? Are they down? Are they frustrated? Are they excited?

Second, celebrate. For example, break them up into groups (or the entire team together) and find four things that went well in practice today and celebrate those.

This is an effective activity for helping players find their voice. Having players share in front of the group grows their confidence and is a valuable skill for individual players to develop. Overall, ending with celebrations will create an environment where everyone is pulling in the same direction.

Third is commit. Commit is all about driving the bus in the right direction. In order to accomplish team goals everyone has to maintain a growth mindset and focus on the task at hand. Here is where you can take time to talk about which areas have been identified as the most important. You may need to stay committed and energized towards what has been a competitive advantage for your team and you may also need to commit to closing a gap in an area that has been hurting your team.

POST-PRACTICE (CONT.)

1. Check 2. Celebrate 3. Commit

These are three examples of the things that you can do at the end of practice to make sure you're leaving with the right tone and right feel.

The "Relationships" section is a reminder of who to check-in with after practice. Relationships are key to running a great program and making a lasting impact. Putting down a couple player names each day will help you consistently touch base with players throughout the entire season.

Lastly, any additional reminders you may have for yourself and the staff can go on the last line.

When it comes to the Post-Practice section, the most important thing is the feeling they leave with. Do they feel good? Do they feel confident? Are they excited to come back the next day?

WRAP UP

With this guide, video breakdown, and templates, you're equipped to run more effective and efficient practices. As you take the court with your team, apply this information to own practice plans and take your practices to the next level.

Create an intentional plan for:

- Pre-practice routines
- Incorporating and teaching your team values and culture
- Getting game-like shots
- Players competing everyday
- A solid post-practice huddle

We can't wait to hear how you enhance your practices this season!

PRACTICE PLAN

KEY5 COACHING

PRACTICE #	DATE:	Emphasis/Focus	
Pre-Huddle:		**Culture**	
		Basketball	
		AC:	
Warm-Up:		**AC:**	

			Basketball	*Culture/Intangible*
Lead	**Time**	**Drill**	**POE**	**POE**
Total Makes out of 1000				
Red Team:				
Blue Team:				
Post-Huddle:			Notes:	

Coaches Reminders

3 C's:	
Relationships:	
Other Reminders:	

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