**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***