



## Practice Planning

- Coaches to utilize own drills to teach fundamental skills and concepts.
- Utilize age and ability relevant drills. Remember use drills to TEACH.
- Game like drills more valuable in time constrained situations.
- Teach skills 1 on 0 building up 5 on 5 competitive - using time and score. Sequential Teaching.
- Consequences ensure competitiveness. Consequences can be incentives, and can be used to work on skill, e.g team that loses close-out competition, does close-outs up court.
- Be concise, set drills up quickly, more time doing and learning for athletes and less time listening.
- Coach on the fly, do not stop drills unless absolutely necessary, set up and utilize cue words, pull players out of drill and talk to them individually, jump into the drill as defender and / or demonstrator.
- Long lines of players being inactive is a waste of time and resource (court availability), build training plan so as many players active as possible.
- Challenge player's skill set, challenge players thinking, be demanding, question, be challenging.

## Role of Assistant Coach

1. Good court spacing - Don't want to see "coaches" huddles
2. Pick up on points of emphasis and EMPHASISE
3. Role is not to stop the training.
4. If you see a trend, bring it to Head Coaches attention, if by coaching on the run, you haven't managed to adjust it.
5. No spectators allowed – don't watch be involved how can you add value?
  - Jump on court make more game like
  - Talk individually to players, take them aside, question, get thought process working, receive feedback, insert back in training. Repeat process. Take two athletes out of training one to explain to another.
  - Ensure players are hustling at all times
  - Drill not working, fix it on the run.
6. Let's see what the players know before we "teach" them!
7. Allow players to fail. Celebrate their successes.
8. When and if player time-outs called facilitate don't take over.
9. Hustle yourself, if coaches hustling giving energy feeds into players.
10. As coaches it is within our personalities as to find areas to "FIX", so always critiquing. Ensure when warranted you give positive feedback as well.
11. Be competitive it brings intensity and game like focus.
12. STRESS non-negotiables

### Non-Negotiables

- 1: Multi-Skilled Players
- 2: Both hands, both feet, both sides of the court
- 3: Catch feet in the air ready to score
- 4: Ball down, body down, eyes up
- 5: Always in defensive stance, low and wide, hands carried, see both
- 6: Ability to shoot the ball
- 7: Rebound responsibilities