

Simple Practice Template for Travel Teams and other thoughts:



What are we trying to accomplish with our Team??? Player development needs to be the most important part of what we do!

90 Minute Practice Plan:

5 min – Team meeting – build on culture, what we will accomplish in practice

8 min – stretch – I think this is a good time to let the players lead. Keep them on task, but let them lead...

40 Min – Player development

30 Min – “team” concepts –

5 Min – Wrap up

120 Minute Practice Plan:

10 min – Team meeting – build on culture, what we will accomplish in practice

8 min – stretch – I think this is a good time to let the players lead. Keep them on task, but let them lead...

45 Min – Player development

30 Min – “team” concepts –

20 Min – Small Sided games – 3v3 or 4v4 – add in different constraints (dribble limits, paint touches, incentivize post scores, 2 foot finishes, etc... be creative!)

7 Min – Wrap up

Player Development:

What do my players need the most? It is simple to say that most teams / players need ballhandling (including passing), shooting and finishing! I always try to lump passing and shooting drills together and then try to lump finishing and ballhandling drills together. How can I create drills that also help me with my offensive patterns? If I set a lot of ballscreens it makes sense to incorporate those into all my shooting or ballhandling drills!

As you get into the season, come up with your two or three favorite shooting drills, ballhandling drills, defense drills, and instead of spending a lot of time introducing new stuff each practice, you can quickly get into reps!

Make sure your drills match what you are trying to accomplish throughout the season. Are your guards working on “live” post feeds? Do the guards understand how to feed the post. If your offense requires a lot of dribble penetration, are you working on downhill moves and lots of 1v1. Do they understand that penetration maybe to create help and find open teammates (which leads to 2 foot stops in paint? Are you working on outlet passes to advance the ball up the floor at the pace you want? Just ideas on “how” to think about this section of practice. I have 1000’s of drills to help, just let me know how I can help!

“Team” Concepts:

These are all your sets (BLOB’s, SLOB’s, Man to man sets, Zone Sets, Press Breakers, fast breaks, etc...). As a coach, you need to understand how your team learns best. It maybe video, it maybe 5v0, it maybe 5v5...Teams are all different! The quickest you can get them to 5v5 and decision making the better! This is also the time to work on situational things. Basketball is full of ballscreens. After you have worked on it

defensively, during player development time, put it into “shell” drill or draw a play up that may involve a ballscreen. This is the time to work on late game situations. Up three, do you foul? Down 1 what are we doing? Do you have a set out of FT’s, etc...

My favorite “Team” Concept Games / Drills:

Acuff Scrimmage: 5v5 - late game scenarios, play execution, then play with 2 minutes on clock

Coach K Scrimmage: 5v5 - situational scrimmages – defending ballscreens, zone sets, etc... These can be in the ½ court, they could be from BLOB, SLOB...

Kentucky Scrimmage: 5v5 – offense, defense, offense

Advantage / Disadvantage games – GREAT communication drills – disadvantage games create situations kids need to talk

3 Straight Stops (“Kills”) – full court, 5v5 you need to get 3 straight stops to win.

Shell Drill – either 3v3 or 4v4

Small Sided Games:

These are your 3v3 or 4v4 games and your 1v1 games. Make these competitive and make them fun.

Constraint led games (CLG) are so important here as well. CLG are creative ways to limit what players can do....put a 2 dribble limit, the ball must be scored after a reversal, two foot finishes are worth 3 pts – everything else worth 2 pts, etc...

The small sided games need to be simple so players can compete. Be creative with what you trying to accomplish.

My favorite “Small Sided” Games / Drills: I can certainly explain if you’d like!

3v3 Chase

3v3 Cut throat

4v4 Chase

4v4 Cut Throat

1v1 ball on back

1v1 around mid court cones

1v1 toss back

I can draw any of these drills up if you'd like!

Other Thoughts!!!

- Make sure your team knows the theme for each practice! I always tried to have an offensive and defensive thought / theme. I always wanted the players to talk during the team meeting at the start of practice. Hopefully, it leads to more talk during practice. Reminders of culture / expectations / standards you want them to have!
- Avoid lines... Get kids moving and engaged!
- 7 second sound bites – get your point across and get out of way! If it is a larger “team” issue address it quickly and keep drill moving... If it’s an individual thing pull them aside and let drill continue...
- I can never harp on communication enough. We did a lot of running because a lack of talking. It needs to be a huge emphasis
- I always designated a drill or 2 as a “Team” drill where there needed to be a lot of enthusiasm. It usually ended up being a defensive drill or a shooting drill. “A quiet gym is a losing gym.” I love that statement and I think it is something that is pretty accurate.
- It’s imperative to make sure the players leave with a positive mindset, make sure there’s a smile, make sure they all hi five each other, finish with a very positive vibe each practice!