7 Rules for an Efficient Practice

1. GOALS

Set a list of goal(s) you intend to reach for each practice.

2. SCHEDULE YOUR PRACTICE

Allocate time for each specific drill and content your plan to go over in practice. Structure helps yourself and your team stay on task.

3. STRETCHING

Do 10 minutes of stretching at the beginning of practice. While the team is stretching, you can discuss your plans for the day, what things need to be worked on, or use the time to praise food things that have happened. You can also reflect on a chosen "quote of the week".

4. FUNDAMENTALS

Always work on the fundamentals:

Ball Handling, Footwork, Passing, and Defense

5. SHOOT! SHOOT! SHOOT!

Shooting is the most important skill in basketball. Raise the confidence of your players by using down time before, during, and after practice to shoot (Free Throws & Mid-Range).

6. COMPETE

Make drills and activities competitive and game like. "Practice like you play and you'll play like you practice."

7. HAVE FUN!

You want to make sure your players enjoy practice. When they enjoy practice, they will focus and put in maximum effort which transfers on and off the court.