

# The Philosophy of Practice Drills

## PRACTICE DRILLS

- Ask yourself occasionally... "Why do we do this drill?... How often do we do this drill?... Am I receiving the desired results?"
- Every drill should have a name.
- Each drill should be multi-purpose.
- Perform drills at the full court level, third quarter court and half court level.
- Stress to players the importance of transferring the correct execution of drills to game situations.
- Drills require imagination and concentration.
- It's human nature... most players do not like drills... as a coach you must sell the value of drill work.
- Teaching a Drill:
  1. Explain why drill is being performed
  2. Demonstrate the drill (slowly)
  3. Ask for feedback
  4. Have players run the drill (half speed)
  5. Make necessary corrections
  6. Allow players to perform the drill at game speed
- All drills must be competitive.
- Creating competition:
  1. Compete against clock
  2. Compete against opponent
  3. Compete against self

- Drills should be timed (use score clock).
- Build a portfolio of drills that specifically relate to your system of play and fundamental concepts.
- Vary the use of drills (protect against boredom).
- Stress enthusiasm...be a "vocal" coach...let them know you are watching.
- Hold each player to your highest performance standards.
- Coach's responsibilities during drill work:
  1. Teach
  2. Motivate
  3. Discipline (not punish...stressing correctness...concentration, ...more of a mental discipline than physical)
- Each drill should relate to the coaches system of play.
- Two of the most abused aspects of drill work are passing and cutting.
- Players tend to view drills as a conditioning exercise.
- The biggest challenge for a player during drill work is to consistently concentrate on performance.
- Every drill must be placed at the most advantageous time during the practice period.
- New drills should always be introduced early in the practice period while the player's concentration level is still high.

- Physically difficult drills should be followed by more pleasurable (fun) drills and vice-versa.
- Drill Stations:
  1. Allow for more variety while maintaining emphasis on the same subject matter (i.e. offense, defense, rebounding).
  2. Protects against monotony
  3. Fewer players standing around
  4. Gives assistant coaches the opportunity to teach
- Combine as many fundamentals as possible into the drills even though emphasis may be on one only.
- Use small carefully organized groups of three to five players for teaching purposes.
- Notice!...Each player will not require the same amount of work (or attention) on each fundamental.
- Be demanding!...demand correct execution of basic skills.
- When the coach steps into the practice area, he must know:
  1. What I am going to teach
  2. How I am going to teach
  3. Why I am going to teach it
- Express your expectations of each drill at the start...set the tone...don't compromise your standards.
- Be certain to balance criticism with praise. (Ratio...2 to 1-Praise)
- Explain how the drill relates to the offense, defense, etc...Help each player understand the bigger picture.
- Coaches are teachers...drill work requires constant teaching.

- Guard against ending practice with an activity which causes the players to feel they are being punished.
- Conclude each practice with a drill that the players enjoy. Whenever possible coaches and players should exit practice with a positive feeling...