

5 STEPS TO TRANSFORM YOUR PRACTICES

Too many coaches struggle to run practices that transfer to the games, develop athletes both as players and people, and are enjoyable for athletes.

We know running great practices is hard work and takes intentional effort. We have resources and knowledge from expert coaches that can turn your average practices into championship level practices.

Here's a list of 5 things that can transform your practices:

1 PRE-PRACTICE MEETING

Before you get into any drills, circle your team up at the beginning of practice at do the following:

- Welcome - Tell your team you're glad to see them!
- Overview - Give athletes the 1-3 things you are focusing on in that practice
- Celebrations - Recognize 2-3 players for something they did on or off the field that focus on character or team values, not performance

2 DEVELOP STOPPAGE ROUTINES

Explicitly teach your players how you want stoppages in play to occur This allows you to get their attention and communicate information more effectively and efficiently.

Ex:

- "FREEZE." get everyone's full attention, give coaching, "Ready set, play!"
- 1 long whistle = freeze in place and lock in
- 3 whistles = come to a specific spot on the court/field, i.e. around the 3 point line

3 FOCUS ON TRANSFER

Too many drills done in practices simply don't transfer to the games. Athletes dislike doing drills they feel are pointless! Focus on using and creating drills and games that:

- Pair perception (reading the game) and action
- Replicate the unpredictability of a real game
- Use constraints to build a specific skill or habit - i.e. limiting the number of dribbles or touches, limiting space, adjusting scoring, etc.

4 ASK INTENTIONAL QUESTIONS

Too often players are not intellectually engaged in practice. Challenge your players to think, reflect, and evaluate by asking questions like:

- What did you see in that situation? (After a a player makes a decision - wrong or right)
- Are you being the kind of teammate you would want to play with? (When a player is displaying poor energy, body language, attitude, etc.)
- How could we make this drill a championship level drill? (When your players are lacking precision, communication, hustle, etc.)

5 END OF PRACTICE MEETING

At the end of practice bring the team into a circle and...

- Celebrate - Recognize an athlete or the team for a behavior that aligned with the team's values in that practice. Allow athletes to celebrate their teammates as well!
- Remind - Give your athletes important reminders about upcoming games, practices, events, etc.
- Encourage - Tell your athletes you are proud of them, see their progress, and believe in them!

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The Coaches Club is an 8 week cohort course and community that helps coaches get better at teaching and leading.

P.S. If you have questions, email luke@transformsport.org