

# **Mike Krzyzewski-Practice Planning**

## **Goals and Philosophy**

**Work Hard**

**Concentrate**

**Communicate**

**Compete**

## **3 Systems when Planning a Practice**

**Offensive**

**Defensive**

**Communication**

**\*HEAR-You Forget**

**\*SEE-You Remember**

**\*DO-You Understand**

**Don't Talk Too Much**

**\*What you know is important, but the most important thing is..... "How do your players respond under game conditions?"**

## **Practice Planning Process**

**Have a practice plan...Ask yourself these questions yearly and most importantly, daily:**

**\*Who am I coaching?**

**\*How old are they?**

**\*How much experience do they have?**

**-Not just playing, but in your system**

**\*How many players do I have?**

**\*What do I coach?**

**\*How do I coach my system?**

**\*How do I teach it?**

**-Develop physical habits that fit your system**

**-You need intelligent, intensive, persistent work**

**-Drills should be intelligent**

**-Drills should make sense**

**-"I am going to teach this...we are going to get it done" (Persistent)**

**\*How much time do I have?**

**-Daily, weekly, monthly, yearly**

**\*What resources do I have to help me teach? Facilities?**

**-How many baskets**

**-How many coaches**

**-Use of managers is the key to the program**

**-Some of the smartest kids who can help your program are right in your school and they do not play basketball**

**\*When do we practice?**

**-Use time effectively**

**-Make weekly practice schedule and adapt beginning and ending times accordingly based on events-personal or school**

**-Do a weekly practice plan, but make a daily practice plan each day!!**

**-Keep yourself current based on your teams needs on a daily basis**

**-Be flexible within the practice sessions**

**-Be organized, but..."Do Not Be A Slave to Your Practice Plan"**

### **Pre-Practice and Post Practice Work**

**\*Pre-Practice Meeting with Coaching Staff**

**-Practice plan is already written; Discuss who will do what**

**\*Pre & Post practice Work**

**-Have organized pre-practice work**

**-Ex. Practice might be at 3:00, but you have the facility from 2:30 to**

**5:00; You would have from 2:30 to 3:00 for pre-practice work**

**-Pre & Post Practice work on individual or small group work that individuals might need to work on**

**-Can get lots of shooting in**

**-Can review a drill a player didn't understand**

**-Have an organized stretching routine**

### **Practice**

**\*Should be no longer than 2hrs (Not counting Pre & Post Practice)**

**\*Eliminate as much standing time as possible**

**-Allocate all of your resources to get players as many reps as possible (Especially on individual drills Ex. 1 on 1 Denial Drill)**

**-Good physical habits are not developed without reps**

**\*Match-up players for drills so they don't end up going with the same person every time**

**\*Throughout practice, let players sub for each other...If you want a definite group...then call for them**

**\*Make drills and practice situations...Game-Like (including instructions)**

**-Don't walk and talk players through drill instructions (Not Gamelike)**

**\*Have a 10 minute period where you have a "Sprint Practice"**

**-Change things a bunch**

**-Continually alter what you are doing on the run (Like in a game)**

**\*Practice Game Situations**

**-End of quarter, End of Game, All Game Situations**

**\*Simulate Halftime**

**\*Vary the places and times you talk to your team (limited attention span)**

**\*Videotape everything that is 4 on 4 and 5 on 5**

**-You might focus on an individual player or specific drill**

**-Remember:HEAR-SEE-DO**

**\*Free Throws**

**-Do Pressure Free Throw Drills**

**Post Practice Meeting with Staff**

**\*Critique Practice**

**-"We did a good job with this"**

**-"I think we need more work with this"**

**-"Lets come back tomorrow with this"**

**-I was going to come back tomorrow with this, but I think it is better that we do this"**

**-DO NOT BE A SLAVE TO THE PRACTICE PLAN**

## **Game Preparation**

**\*Preparation for the next game starts directly at the end of your last game**

**\*First, watch the tape of your last game**

**-Make sure of what you think you saw during the game**

**\*Scouting report of your upcoming opponent with stats**

**\*First part of next practice is a team meeting**

**-Have to have closure from previous game**

**-Then, leave that location "Shutting the Door"**

**-Switch to a different area and start talking about next game...**

**"Opening the Door"**

**-Give a real quick summary of the next opponent, then start practice**

**-Offense and Defense can revolve around a few things the next opponent will do**

**-You can also work on areas in which you struggled in previous game**

**-It is not all getting ready for the next team. It is getting us ready**

**-"I want to take care of us before getting into elaborate game plans"**

**-"Your kids don't know your plays...How the hell are they gonna know their plays?????" They should know tendencies**

**-Respect your opponent; Whether it is the lowest team in your conference or the #1 team in your conference**

**-"We PLAY in every game"**

**-"I want our team to be GREAT every time we play**

**-Practices prepare you for competition**

**-The better you plan and conduct your practices, the better you will  
be on game day**