



Designing Efficient and Effective Practices for All Levels of Play

Efficient - performing or functioning in the best possible manner with the least waste of time and effort

Effective- producing the intended or expected result

SWOT Analysis

Evaluate your program in each of the four boxes. This should include coaching staff, players, support staff, athletic department, school administration, faculty, school community, local community, the various media outlets and your opponents.

Internal	
Strength	Weakness
External	
Strength	Weakness

What did you learn from your SWOT analysis?

Have a vision

- Get a shared vision with all parties involved. Speak it into existence. Fake it until you make it.
- Have a quality staff. Everyone has a role in the program. **Specialization** speeds success of program.
- Don't reinvent the wheel. Ask winners.
- Have specific goals for your program (team brand)
- Write it down. Team and individuals have goal cards.
 - **Performance** versus outcome goals.
 - Goals are **Specific Measurable Attainable Realistic Timely**
 - Prioritize your list, A1, A2, B1, B2, C1, etc.

Season goals

See Season Planner worksheet

Practice goals

See Planning a Practice worksheet

Practice Procedure Guidelines

- **Involve everyone**
 - Players in drill, shaggers, handers, counters/scorers/stats personnel
 - Have mini drills in other areas of gym and/or walls for those not in drill
- Get equipment out at beginning of practice
 - Hitting boxes
 - Target boxes
 - Hula hoops
 - Elastic
 - Cones
 - Blocking pads
 - Ring of fire
 - Speed gun
- Name drills – speeds time in between
 - Coach-centered drills
 - Coach-initiated drills
 - Player-centered drills
- Use a timer – 2 minutes is a good start
 - Drills
 - Time break time
 - Time penalty activity
- Speed of practice better than speed in competition
 - Wash drills
 - Vortex
- **Don't forget to work on your strengths (60%)**
- Use technology to aid in your practice
 - There's an app for that

STAY FOCUSED ON YOUR ULTIMATE GOAL