



Eight Simple Concepts to Improve Your Team's Practice Sessions (Building a Winning Basketball Program Series Book 8)

Kevin Sivils

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Winning teams have great practice sessions. This does not happen by accident. Good practices require good planning based on sound concepts.

John Wooden spent over an hour each day with his staff at UCLA planning practice. Pat Riley spent up to three hours preparing for ten-minute talks to his Laker's Showtime teams. Don Meyer kept every practice plan for an entire sea-son in a binder and evaluated them after the season. Meyer and his staff also evaluated each practice in a post-practice session.

These legendary coaches understood the importance of effective practice sessions and effective planning. The simple concepts in this book are meant to help any coach, regardless of the stage of his or her coaching career, to improve their practice sessions for their team.

Included in Eight Simple Concepts to Improve Your Team's Practice Sessions are concepts to plan practices:

that are efficient
involve every player
build intensity
emphasize fundamentals.

Also included are several bonus 2-Minute Intensity drills.

General Dwight D. Eisenhower said "I have always found that plans are useless, but planning is indispensable." Become skilled at practice planning.

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