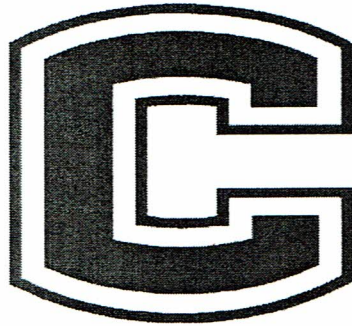


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PHASE III

Provide for Sunday presentation:

- Practice Plan
- Monthly Calendar
- Yearly Calendar
- Scouting Report

C Columbia Basketball **C**

PHASE III

Coach for Life-

- He/she is/was my.....coach .
- Mike Lilac at Hall of Fame dinner
- AG at Hannaford

Practice:

What makes it a good practice? Ask this question-

What would _____ think of this practice?

Columbia Basketball

Blue Devils

PRACTICE

- Players must attend practice to participate in games
- Holtzie time: be ready to start 10 minutes before scheduled practice
- Players must get dressed in locker room
- Players must wear issued practice gear-tuck in shirts

“chances are given out for 2 hours each practice”

**Keep players moving !
Keep players talking !
Keep players competing !**

**You hear...you forget
You see...you remember
You do... you understand**

6 Keys to a Good Practice

Jim Obermayer
Columbia High School

1. Be Organized/Have a Plan

- Practice plan must be written down
- Cannot just "wing it."

Follow a format from day to day, so athletes know what to expect, but use a variety of drills from day to day so practice does not get predictable or boring.

2. Name your Drills

Do not waste time setting up drills with long explanations, once players know the drill they should be able to set up based on the name of the drill. Give them a descriptive name for example-

- Doc Sauers one on one, Shell drill, Carolina Shooting, Holtzie full court passing. Shell Defense Drill, Rutgers Passing Drill.

3. Stations or Breakdowns

Utilize your space by setting up stations or doing position breakdowns. Gives you chance to teach in smaller groups and gives athletes more repetitions to work on skills. If you have an assistant coach stations or breakdowns gives assistants more chances to teach and build relationships with athletes. Stations and breakdowns avoid long lines in practice, which loses athletes attention and makes practice boring. You want to have energy at practice.

Examples:

- General) conditioning circuit at beginning of practice-groups of 2 or 3 doing 30 second stations.
- Baseball/Softball-soft-toss, hitting off the T, Hitting off the machine, throwing station,
- Soccer-ability drills with the ball, throw ins, corner kicks, 2 on 1
- Basketball- Post & perimeter player breakdowns,

4. Time your Drills

Each drill is on the clock.

- Utilize scoreboards in practice
- Use a stop watch
- Make sure athletes know that drills are timed, so they know that you have a number of items to cover in practice.

*Be willing to move on when time is up for a drill. Do not spend the entire practice on one drill, because players are not executing.

5. Make Drills Competitive

Have a "winner and loser" in drills when possible. This teaches athletes to compete in practice. Do not just go through the motions of a drill, make it competitive. Can be as simple as first team to 5 in a shooting drill or which group has fewer dropped throws. Be creative and make sure the athletes know the rules of the mini-game. Losing team has a consequence, i.e . Push-ups, down and back dribbling the ball, defensive slides etc. Winning team claps in a positive way for their teammates.

6. Do Conditioning with a Purpose

Although at times, especially in the pre-season, teams may need more conditioning try to be creative and not just run sprints. Incorporate a skill while doing conditioning at the same time. If your sport has a ball, use it when doing conditioning.

Examples:

- Full Court (field) dribbling, passing drills in basketball or soccer.
- Base running techniques in baseball and softball
- Kickoff coverage in Football

Columbia Basketball

FIST

Communication

Trust

Collective
Responsibility

Pride

Caring

Announcements:

Black

White

Practice Plan

Date:

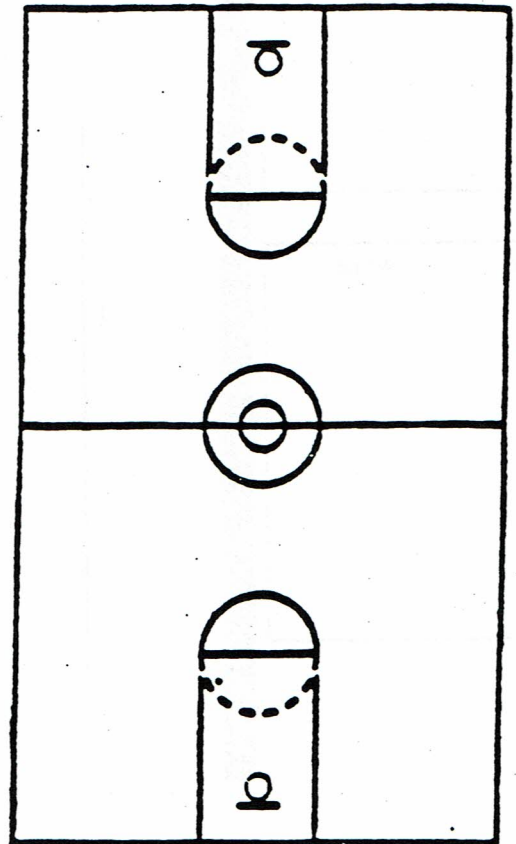
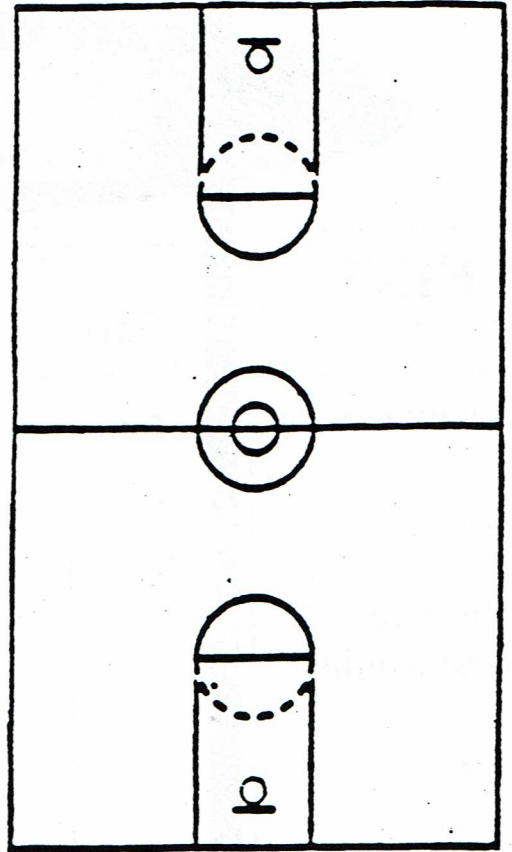
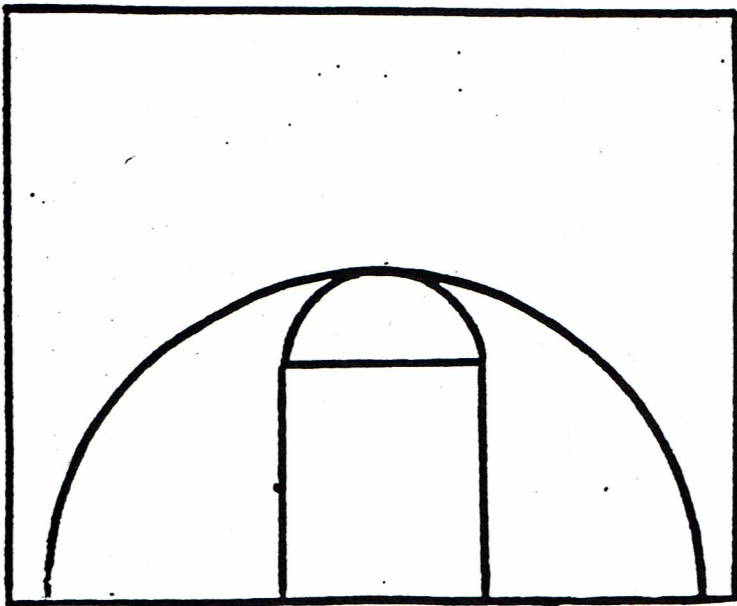
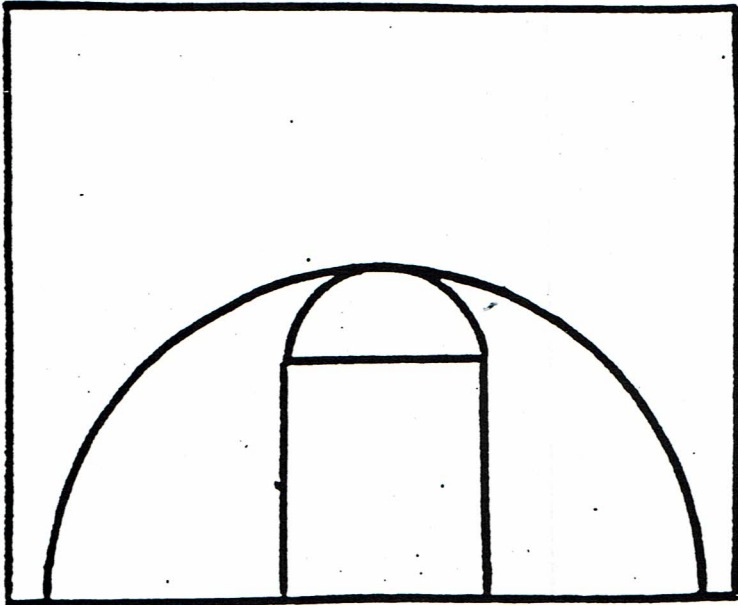
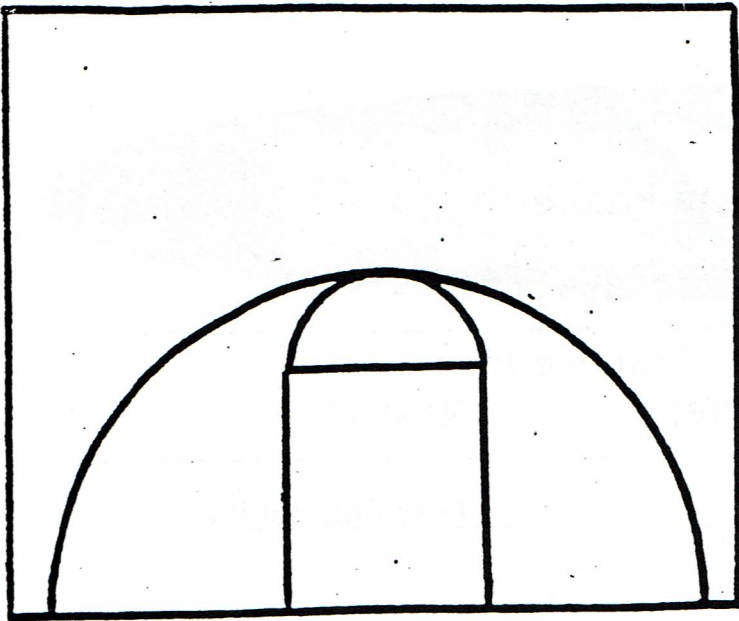
Site:

Next Opp.:

Time

Drill

Teaching points



Columbia Basketball

FIST

Practice Plan COLONIE
 Date: 12/5 Site: 6-8 PM Next Opp.:

Communication

Trust

Collective
Responsibility

Pride

Caring

Time

Drill

Teaching points

WARM UP-

ANNOUNCEMENTS - PG CLASS
 - 9:15
 - SHIRT N TIE

FULL COURT SKILLS

- SPRINT THE FLOOR

MOTION SLOW

SETS SLOW

OLD PLAYS SLOW

1 ON 1 - DAPS

DEFENSE:

- ZIG/ZAG

LOTT HART LUTHER

- DAPS 1 on 1

NAJLS QUASAY NOAH

STOP N SCORE:

JOHN P. BRANDON MILLER

50

(DARIUS/BORGES)

20

- SMART POSSESSION

- TAP DRILL INTO PARTNER SHOOTING

- ATTACKING 30 DEFENSE

- CHECK/TACKLE IT

B-2 (1-4)

LA

USE

SOWS

- VAPOR

TIME OUT

- SITUATIONS-

- SIDE OUT

BOARD

- END OF SHOT CLOCK

BALL SCREEN

A SET-

- FREE THROWS- 50

Announcements:

COFF THURS
 4:30-6

Black

NAJLS

LOTT

JOHN P.

LUTHER

QUASAY

DARIUS

White

BRANDON

HART

BORGES

MILLER

NOAH

C Columbia Basketball C

Practice Schedule

November 8, 2011

CHS 6-8pm

TRYOUTS

- 6:00-6:10 Attendance, announcements: Weds 3-6pm
4 months, 6 days wk 2hrs per day, grades, film,
Comm. Service
- 6:10-6:15 Warm ups-Tyler
- 6:15-6:35 Transition Drills
Full court layups
2 on 0
Holtzie Drill
3 man weave
5 man weave to 3 on 2
- 6:35-6:45 Conditioning:
- 6:45-6:50 Water
- 6:50-7:00 Boothy Closet 1 on 1 drill
- 7:00-7:15 Carolina Shooting Drill
Layer 3 Pass n Cut
- 7:15-7:25 3 on 3 Shell work-Jump to the ball, get to rim,
Hands hand
- 7:25-7:35 Shooting drills
- 7:35-7:55 Scrimmage Time
- 7:55-8:00 Conditioning-Annoucements

C Columbia Basketball C

Player Evaluation

Player: _____ Gr. _____ HT. _____

Team 2010-11 _____

<u>Category</u>	<u>Rating scale</u>				
Basketball IQ	1	2	3	4	5
Ability to Defend	1	2	3	4	5
Ability to Score	1	2	3	4	5
Intensity/Practice effort	1	2	3	4	5

1-poor 2- below average 3-average 4- above average 5- superior

Coach's comments:

Strengths: _____

Weaknesses: _____

See Coach Obermayer (S306) to sign up for individual meeting to discuss off-season goals & evaluation