

Here's a quick checklist of the steps you can follow to develop a great coaching plan:

- 1) Keep an open mind, always be willing to learn, take from the best. Sometimes, less-experienced individuals or even a basketball player can give you a great idea, so be open and listen!
- 2) Split up your offense into parts and use them as drills. For example, a motion offense consists of a lot of cutting, screens and layups. You can easily make 3 drills out of this, one focusing on cutting, the other focusing on setting good screens, and one layup drill.
- 3) Focus, focus, and focus again on the fundamentals with simple drills. A basketball player can only be as advanced as his mastery of the fundamentals. Simple things like balance, footwork, basic shooting mechanics, basic passing mechanics and so on...
- 4) In point number 3, above, we told you to focus on "parts". But, you don't want to lose sight of the whole picture as well. Make sure to incorporate "whole system" drills as well, so your players can better understand everything. However, make sure to focus on learning and refining the "parts" first.
- 5) Learn from experiences. You have a unique team, a unique set of players. They might respond to certain things differently than you expected. Be prepared to adjust and do what's best for the team.
- 6) When teaching the fundamentals, make sure to progress into more challenging things. Once your players get used to a particular drill or start doing it well, make it more challenging and move on to other things.
- 7) Remain analytical. Keep a close eye on everyone's progress and use corrective methods to fix some small fundamental problems early on. Don't let bad habits develop.
- 8) Use interesting methods that capture your team's attention. Keep them stimulated and never let them get bored.
- 9) Make your drills competitive. Set goals in drills or have your players beat each other's scores or make them go head-to-head against each other. Motivate them with rewards.
- 10) Repeat things over and over. This applies in what you say and what you do. Never assume your players will remember everything early in the season. Kids have a tendency to forget, especially the basics if they are not often reviewed. Repeat yourself multiple times and go back and review things from time-to-time to make sure that everyone is on the same page.
- 11) Use visual teaching aids along with infusing "buzz words" or phrases...kids will remember more with this teaching style and associate what they should be doing when you use those words/phrases. Using this technique in games will help kids understand what you want from them which lessens the feeling that they are being yelled at.
- 12) Incorporate a set of "Family Rules" for your team...2-3 things that are non-negotiable in terms of what is expected of the team. Come up with 2 of your own and then let the team come up with the last one so they feel part of the "Family" decisions. Defensive rules are big for me (ex: failure to at least attempt to "box out" is breaking a rule).