

Philosophy of Coaching

My philosophy of coaching is to make sure that I teach my athletes the necessary components of the game and hope that they and my coaching staff have fun in the process. I will ensure that my athletes have the proper gamesmanship and sportsmanship at all times. It is important to me that my team shows respect for the other teams, coaches, fans, schools, and officials during the games.

My values will come into play while I'm coaching. I will always use good judgment when I am and am not coaching. I will allow my athletes to call me by my first name, as long as they continue to show me the respect I deserve. I will also be aware of their personal space. I will only listen to them and get involved in their personal lives if they come to me first and need to talk about something. I think it's important to know how they're doing in school though, because if any of them are failing or have a low grade point average they will suffer the consequences.

I will do my best to have a balance between winning and participating. It is very important to win but I will be the type of coach who will give everyone a chance, especially if our team is winning or losing by a lot. I will go into try outs having an open mind, so all players will have a fair and equal chance of making the team. It is also very important to me that we as a whole coaching staff and team have fun.

Practice Plan: Basketball

Monday 3:30-5:30

- 3:30-3:40 – Announcements and Review of practice
- 3:40-4:00 – UCLA and Oklahoma drills
- 4:00-4:30 – Shell drill
- 4:30-4:35 – Water break
- 4:35-5:00 – Review plays (half court, full speed)
- 5:00-5:15 – Conditioning (Great 8's)
- 5:15-5:30 – Free Throws and Closing statements

Tuesday 3:30-5:30

- 3:30-3:40 – Announcements and Review of practice
- 3:40-4:00 – 5 person weave, 3 on 2 : 2 on 1,
- 4:00-4:30 – Position Breakdown (Post: rebounding and offensive moves; Guards: dribbling drills and jump shots)
- 4:30-4:35 – Water break
- 4:35-5:00 – Review plays (half court, full speed)
- 5:00-5:15 – Conditioning (10 cone killers)
- 5:15-5:30 – Partner shooting and Closing statements

Wednesday 3:30-5:30

- 3:30-3:40 – Announcements and Review of practice
- 3:40-4:00 – Zig-zag drill
- 4:00-4:15 – Free throws
- 4:15-4:45 – Review press and Scrimmage full court
- 4:45-4:50 – Water break
- 4:50-5:15 – Rebounding drill
- 5:15-5:30 – Conditioning (Sweet 16's)

Thursday 3:30-5:30

- 3:30-3:40 – Announcements and Review of practice
- 3:40-4:00 – Position breakdown (Post: Mikans, elbow shooting; Guards: 3's, perimeter shooting)
- 4:00-4:15 – Conditioning (Jumping rope)
- 4:15-4:20 – Water break
- 4:20-4:50 – Review plays (walk through, half court, then full speed)
- 4:50-5:15 – Passing drills (Post feed, kick out drill and Star drill)
- 5:15-5:30 – Free throws and Closing statements

Friday 3:30-5:30

- 3:30-3:40 – Announcements and Review of practice

- 3:40-4:00 – Partner shooting
- 4:00-4:35 – Review plays
- 4:35-5:00 – Review defense for Saturday's game
- 5:00-5:05 – Water break
- 5:05-5:20 – Free throw drill (get 2, if miss the first one run 2 down and backs, miss the 2nd one run 1 down and back)
- 5:20-5:30 – Closing statements and Talk about Saturday's game

Saturday

- Game

Weight Lifting and Conditioning Program Basketball Player: In and Out of Season

This weight and conditioning program is set up for a basketball player during the season, post and preseason, and then in the summer. They will perform the expected tasks and report to the coach their improvements. While in season they will have a slightly easier program since they will be playing games, and during the off season is where their improvements should show the most.

Summer Workout:

During the off season, each athlete will perform certain tasks to keep themselves in shape. Here is what a typical day would be for a post player:

Monday and Friday Workouts:

7:00-7:30 a.m.: Do drills and work on post moves, such as drop step and over-under. Some drills will include Mikans, free throws, and lay-ups, and many others. Will have sessions to work on offense and defense, such as 2-on-2 and 1-on-1.

9:00-10:00 a.m.: The athlete will weight lift using the program available at the high school. There are weight cards offered at the school and the basketball player will do one line each session. The sessions will rotate between 2 lines. The first line, which will be done on Mondays and Fridays, includes these machines: leg press, leg curl, leg extension, super pullover, lateral raise, bench press, lower back, and abdominal. The post player will do two sets of twelve of each of these which will equal 24. The amount of weight used will be determined by the player, but they are expected to move up at least 5 pounds once they have accomplished the 24 reps.

Tuesday and Thursday Workouts:

9:00-9:30 a.m.: The post player will attend the scheduled conditioning workout through the high school. There will be a variety of drills for the player to do. They will do: two 40 yard dashes and one 100 yard dash. Each time they will be timed and take their best score to be recorded. Some of the other drill they will do involve agility and making sure they have quick feet. These will include: the dot drill, ladders, jump roping, and foot fire. All these will be timed and the best score recorded as well.

Wednesday Workouts:

9:00-10:00 a.m.: This day will also be used for lifting weights. The athlete will use the weight program offered at the school. The weights included on this line will be: squats, seated calf, tibia flexion, shoulder press, iso bench, iso row, and iso incline. The player will do two sets of 12 of each of these, starting at a comfortable weight. As with the previous line, they are expected to increase their weight by at least 5 pounds once they are able to do all 24 of the previous weight.

-These workouts will continue all through the summer until school starts and then another program will be administered.

Preseason & Post Season Workout:

Since some of the athletes on the team may be in other sports, the preseason workout, which will be taking place during school, will do the after school weight training program. This will include lifting Monday, Wednesday, and Friday and then running on Tuesday and Thursday. This will help them stay in shape for when the season starts. Also after the basketball season is done the athletes who are not in a spring sport will be expected to do the weight program that is offered then. This

will be the same as the fall program where they will lift Monday, Wednesday, and Friday and then condition Tuesday and Thursday.

In Season Workout:

During the season the workout will be slightly lighter since the team will have practice 5 days a week. During the practices there will be conditioning, doing drills, and practicing plays. Some of the conditioning that will be done will include: 10 cone killers, sweet sixteens, great eights, and a four minute run. These conditioning drills will be timed. Each one will have a different time. One 10 cone killer will be done in one minute and fifteen seconds, one sweet sixteen will start off at one minute and the time will decrease each time, the great eight will be the same and have the time decrease, and the four minute run will be done in four minutes.

Some of the drills that the team will be performing will help improve all aspects of their game. They will do defensive drills such as the shell drill. We will run fun drills like Kentucky, UCLA, 3-on-2 2-on-1, Oklahoma, and many others. These drills will improve the little things such as, lay-ups, dribbling, rebounding, shooting, and also conditioning.

Then a portion of the practice will also be spent practicing and going over any plays that need to be worked on. At the end of practice on Monday, Wednesday, and Friday the team will lift weights. Since it is during the season the players will do lighter lifting, and if there is a game the team will lift even lighter so they don't hurt themselves. So instead of doing a whole line, they will do only arm machines or only leg machines, which would constitute as half a line. Like I stated earlier some of the machines will be leg press, bench press, squats, iso row, iso incline, and seated calf.

Training Drill Plan – Shoot at First Touch (Soccer)

Subject area: Finishing

Age level(s): Youth (U12 and up), High school level

Purpose: Improving players accuracy when finishing

Facility requirements: Best outdoors, but can be adapted for indoors

Equipment needed: One ball per player, 2 cones

Drill details:

1. Warm-up Activity (2 min.)
 - a. Players will start at the goal line, run to the 18-yard box, back to the goal line, out to the mid line, and then back to the goal line.
2. Content Element (15 min.)
 - a. Have 2 equal lines of players (each player should have a ball) on either side of the goal posts and set up 2 cones directly across from the players about 1 yard from the 18-yard box.
 - b. The first player in line starts the drill by running to the cone in front of their line.
 - c. Once the player has rounded the cone, one player from the opposite line should pass the ball to them.
 - d. The player receiving the pass should finish the attack immediately without putting the ball under control.
 - e. Next, the player who passed the ball should do the same thing, with a player from the opposite line passing the ball.
3. Wrap-up/Reflection (2 min.)
 - a. Allow players to spend some time stretching and hydrating.
 - b. Ask for comments or suggestions on the drill.

Safety precautions: Make sure players are passing the soccer ball correctly and not trying to injure a teammate.

Variations: Allow players to first receive the ball and then finish at the goal. Another may be limiting players to only use the inside/outside part of their foot or to shoot in specific areas of the net.