

# Hubie Brown's Practice Planning Formula

## Introduction

In the online video clinic “Gaining The Edge”, Coach Hubie Brown lays out a step by step formula for organizing a full season of practices for your team.

On the following pages, we've provided templates, outlines, and suggestions for you to organize your own practice planning system. Depending on your team's age level, competitive level, strengths and weaknesses, you may need to modify these slightly.

Stay flexible and feel free to adjust these templates to fit the needs of your team.

As you customize your plans, keep these 5 pointers in mind:

- ◆ Always have a plan and honor practice schedule. If you want maximum effort, stay true to your time frames. Players get lazy when they don't know when a drill will end. Stick to your word. If you say “we're doing this drill for 5 minutes” end it in exactly 5 minutes.
- ◆ Make it a team rule that when players walk in the gym, they must say hello. Use this opportunity to read their eyes and determine if they are facing some kind of emotional turbulence you're not aware of (girlfriend/boyfriend issues, exams, etc.)
- ◆ Incorporate a weight lifting program (for older players) or body weight strength training program into your in-season schedule. Have your players work out twice a week, preferably on days without practice or games.
- ◆ When selecting your team or deciding on your starters, look for players with long arms. Reach and jumping ability count first (before height).

Good luck!

# Sample Season Practice Plan

<b>Time Frame</b>	<b>Stage of Season</b>	<b>Practice Time</b>	<b>What To Emphasize</b>
September	Tryouts (competitive teams) or Player Evaluations (non-competitive)	2 hours	<ul style="list-style-type: none"> <li>◆ Select 12-15 players for your team</li> <li>◆ Pay close attention to position. Do you have enough players with guard skills, forward skills, center skills?</li> <li>◆ Arm length and reach more important than height</li> <li>◆ Focus on evaluating fundamental skills and ability to understand your offensive/defensive system</li> </ul>
October through December	Season Prep and First Half of Season	2 hours	<ul style="list-style-type: none"> <li>◆ Put in your offensive and defensive systems</li> <li>◆ Lots of rebounding and defense - set the tone for the season that this will be your bread and butter</li> </ul>
January through March	Second Half of Season	1.5 hours	<ul style="list-style-type: none"> <li>◆ Scout your opponents and simulate their plays. Determine how to attack them</li> <li>◆ Emphasize Press Break, Full Court Pressure and Specials Situations</li> </ul>
March through End of Season	Home Stretch and Playoffs	1 hour	<ul style="list-style-type: none"> <li>◆ Lots of shooting</li> <li>◆ Practice is short, but intense</li> <li>◆ Focus on game prep</li> </ul>



# Sample Practice Plan

<b>Time Frame</b>	<b>Length</b>	<b>Activity</b>	<b>Suggested Drills*</b>
00:00 - 00:10	10 mins	Exercises	<ul style="list-style-type: none"> <li>◆ Footfire</li> <li>◆ Plyometric circuits</li> <li>◆ Other cardio exercises</li> </ul>
00:10 - 00:20	10 mins	Shooting	<ul style="list-style-type: none"> <li>◆ Big Man Drills, Rapid Fire Shooting</li> <li>◆ Focus on shots within your offense</li> </ul>
00:20 - 00:30	10 mins	Defensive Drills	<ul style="list-style-type: none"> <li>◆ 5 drills run for 2 minutes each</li> <li>◆ All focusing on foot quickness, aggressiveness, and blocking out (rebounding)</li> </ul>
00:40 - 00:50	10 mins	Offensive Drills	<ul style="list-style-type: none"> <li>◆ Practice your offensive sets vs zone and man to man</li> <li>◆ Start against dummy defense, then move into full speed 5 on 5</li> </ul>
00:50 - 01:05	15 mins	Fast Break	<ul style="list-style-type: none"> <li>◆ 2 on 1, 3 on 2, 4 on 0, 5 on 0</li> <li>◆ Transition into your Quick Hitter Offense</li> </ul>
01:05 - 01:10	15 mins	Pressure Drills	<ul style="list-style-type: none"> <li>◆ Practice your own pressure defense AND attacking a pressure defense</li> <li>◆ Full court 1-2-1-1, 3/4 court traps 2-2-1, 1/2 court traps 1-3-1</li> </ul>
01:10 - 01:15	5 mins	Special Situations	<ul style="list-style-type: none"> <li>◆ Out of bounds plays</li> <li>◆ Tip-off plays, Free throw plays, buzzer beater plays</li> </ul>
01:15 - End	15 - 45 mins	Coaches Choice	<ul style="list-style-type: none"> <li>◆ Game preparation. Simulate opponent's plays. Full court scrimmage.</li> <li>◆ Free throw shooting. Shooting drills</li> </ul>

\* For explanations of these drills, refer to Coach Pat Anderson's "Basketball Drills and Practice Plans".

This coaching resource is available at [www.BballSecrets.com/ar/drills.html](http://www.BballSecrets.com/ar/drills.html)

# My Practice Plan

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**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Team** \_\_\_\_\_

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<b>Time Frame</b>	<b>Length</b>	<b>Activity</b>	<b>Today's Drills</b>
00:00 - 00:10	10 mins	Exercises	
00:10 - 00:20	10 mins	Shooting	
00:20 - 00:30	10 mins	Defensive Drills	
00:40 - 00:50	10 mins	Offensive Drills	
00:50 - 01:05	15 mins	Fast Break	
01:05 - 01:10	15 mins	Pressure Drills	
01:10 - 01:15	5 mins	Special Situations	
01:15 - End	15 - 45 mins	Coaches Choice	

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