

# Game Plan For The High School Coach: Winning Ways Basketball

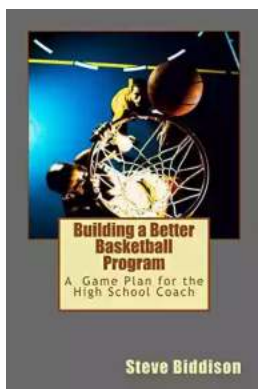
Practice:	14-Nov	Practice Plan	Basketball Emphasis: Fundamentals
			Culture Emphasis: Effort / Compete
Daily Quote:			
Reminders:	7	Team News/Talk - Sign-in, What I'm looking for.	
Warm-Up:	10	Dynamic Warm-up/Stretch	
Players	Time:	Drill:	Emphasis/Assistant
		Skill Development	
	3	1 Minute Pistol Pete Drills	partner up, 30 sec. each
	5	Down/Back Dribbling (Sprint/BP)	RH/LH/2Ball 30 sec. touches
	5	Triangle Passing Drill w/def	no tips/ no turnovers/ no travels
	22	Spartan Shooting	fundamentals / 3 pt makes
	5	Mikan Drill	1 min (2x)
		Offensive Breakdown	
	10	Bulldog Layer 1 & 2	Circle Movement North-South cuts
		Position Breakdown	
	10	Posts - Three Moves	footwork, finishing
	10	Guards - Drive and Kick	perimeter movement
		Transition	
	5	5 on 0	35 sec all five options
		Defensive Breakdown	
	5	Defending the Pick n Roll	Hedge and recover, over or under (expl
	10	4 on 4 shell (stationary/1 dribble)	explain defensive positioning
	5	Up with The Shooter	3 dribbles, no lay-ups, contested shots
		Situations	
	5	Rebound, Sprint, Shoot	lay-up, outlet, sprint hc (repeat 1 min)
	1	Backboard Touches	# in 30 sec. (all at once)
Total Minutes	118		
Teams/Group	2G		
	3G		
	4G		
	5G		
After Practice Reminders			
Other Reminders:			

The role of a high school basketball coach is no easy task. They are responsible for not only developing the skills and abilities of their players but also for shaping their character, discipline, and teamwork. It takes a game plan, dedication, and the right approach to achieve success on the court and in the lives of these young

athletes. In this article, we will discuss the winning ways basketball coaches can adopt to build a successful team and create a positive impact on their players' lives.

## 1. Establish a Vision

Every successful basketball team begins with a clear vision. A high school coach must define their goals and communicate them effectively to their players. This vision should focus on not only winning games but also on personal growth, sportsmanship, and teamwork. By developing a vision, the coach sets the foundation for success.



### **Building a Better Basketball Program: A Game Plan for the High School Coach (Winning Ways Basketball Book 6)** by Jane Bingham (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 605 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray for textbooks : Enabled  
Word Wise : Enabled  
Print length : 143 pages  
Lending : Enabled



## 2. Focus on Skill Development

To achieve success on the court, it is crucial to focus on skill development. High school coaches should design practices that target specific skills such as shooting, dribbling, passing, and defense. By providing players with the

necessary drills and exercises, they gain the opportunity to improve their skills and contribute to the team's success.

### **3. Implement Effective Strategies**

Winning basketball games requires more than just individual skills. Coaches need to develop effective strategies, both offensively and defensively, to outwit opponents. This may involve studying the opponents' playing style, analyzing game footage, and making adjustments based on team strengths and weaknesses. Implementing strategies that optimize the team's performance is key to achieving victory.

### **4. Create a Positive Team Culture**

A positive team culture is vital for the success of any high school basketball team. Coaches should create an environment where players feel valued, motivated, and supported. Encouraging positivity, teamwork, and respect cultivates strong team chemistry and enhances overall performance. Fostering a positive team culture promotes individual and collective growth.

### **5. Build Strong Relationships**

Building strong relationships with players goes beyond coaching basketball. High school coaches should take the time to understand their players' lives, challenges, and aspirations. By developing trust and showing genuine care, coaches can inspire their players to excel both on and off the court. These relationships can have a lasting impact beyond the basketball season.

### **6. Focus on Character Development**

Character development is a fundamental aspect of coaching high school basketball. Coaches should instill values such as integrity, discipline, and resilience in their players. By emphasizing the importance of character, coaches

help mold well-rounded individuals who are prepared for future challenges. Building strong character elevates the team's performance and leaves a lasting mark on players' lives.

## **7. Communicate Effectively**

Effective communication is a cornerstone of successful high school coaching. Coaches must clearly convey expectations, strategies, and feedback to their players. This includes not only verbal communication but also active listening to understand individual needs and concerns. By establishing open lines of communication, coaches can foster trust, encourage growth, and build a cohesive team.

## **8. Adapting to Changing Scenarios**

High school basketball is a dynamic sport, and coaches need to adapt to changing scenarios. Whether it's adjusting game plans due to injuries or incorporating new plays to counter opponents' strategies, flexibility is key to staying competitive. Coaches who can adapt quickly to changing circumstances position their teams for success.

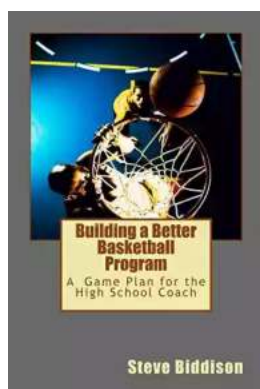
## **9. Continual Growth and Education**

A successful high school coach never stops learning. Coaches should stay updated on the latest basketball trends, strategies, and coaching techniques. Attending coaching clinics, reading books, and seeking mentorship opportunities can all contribute to a coach's professional growth. Coaches who prioritize continual education provide their players with the best possible guidance and support.

## **10. Celebrate Achievements**

Lastly, celebrating achievements is an essential part of coaching high school basketball. Recognizing individual and team successes boosts morale and fosters motivation. Whether it's a small milestone or a championship victory, celebrating achievements helps create a positive and rewarding experience for players and coaches alike.

, coaching high school basketball requires a game plan for success. By establishing a vision, focusing on skill development, implementing effective strategies, creating a positive team culture, building strong relationships, emphasizing character development, communicating effectively, adapting to changing scenarios, pursuing continual growth, and celebrating achievements, coaches can guide their teams towards victory on the court and in life.



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Whether you are a new basketball coach or a seasoned veteran in the coaching ranks, Building a Better Basketball Program will help organize your thoughts, goals, and plans for each basketball season. From developing or tweaking your

coaching philosophy to planning and scouting opponents, this book details a step by step plan that will enhance your total basketball program.

In *Building a Better Basketball Program*, Coach Biddison takes you through each stage of basketball season that includes ideas for pre-season and off-season work, including key points concerning strength and conditioning. His belief that planning and execution is the backbone behind turning a weak program into a good program and a mediocre program into a great program is evident throughout the book.

In *Building a Better Basketball Program*, you will see not only how to plan your season, but you will learn 20 key qualities of a leader that cannot help but make you a better coach.

Table of Contents

Why Do We Coach

Developing Your Coaching Philosophy

The 20 Most Important Qualities a Coach Can Have

Building Confidence Into Your Players

Strength and Conditioning

Using Your Assistant Coaches

A Plan for the Total Basketball Program

Choosing Your Roster

Practice Planning: Fundamentals are for Champions

Scheduling

Meet the Parents

Scouting

The Basketball Calendar



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