

Championship Practices

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Goals & Philosophy of Practice

What constitutes a good practice?

- Work Hard
- Concentrate
- Talk (Communicate)
- Compete

“If my players work hard, compete, concentrate, and communicate every game, we’re gonna be really good. We’re going to be as good as that team can be.”

3 Systems incorporated in practice:

- Offensive System
- Defensive System
- Communication

Basic Principles of Teaching:

- What you hear, you forget
- What you see, you remember
- What you do, you understand

*The majority of your practice time should be spent doing

“What you know is important, but the most important thing is what your players do under game conditions.”

Planning Practice

Have a practice plan

Ask yourself questions about your team:

- Who am I coaching?
- How old are they?

- **How much experience do they have? (overall, in your program, etc...)**
- **What do I coach?**
- **What is my system? Do teach to your system or do you adapt to your players?**
- **How do you teach it? What lead up drills do you have to develop habits?**
- **How much time do I have? (daily, weekly, yearly)**
- **What resources do I have? Facilities? How many people do you have to help you?**
- **When do we practice? (plan practice around major exams, projects?)**

Developing Habits (Intelligent, Intensive, & Persistent Work)

- **Do your drills make sense?**
- **Are they intensive?**
- **Are you persistent?**

“The use of managers is ultimately important in the success of any program.”

Guidelines for Planning Practice:

- **Plan your weekly practice schedule 2 weeks in advance**
- **The daily practice schedule should be done every night in order to be current**

***Be flexible. Don't be a slave to any type of plan, but be organized.**

- **Have a pre-practice meeting with your coaching staff**
- **Have an organized pre and post-practice for individualized work with specific players**
- **Practice should not be longer than 2 hours**
- **Eliminate as much standing time as possible**
- **Get more repetitions (use your coaches, managers, and various baskets)**
- **Let your players sub for each other, unless you want a specific player or group**
- **Try to achieve “Gamelike Conditions”**
- **Practice “Pressure Free Throws”**
- **Have a post-practice meeting with the coaching staff**

Practice Game Situations:

- **End of ½ (i.e. 1 minute left, 2 for 1)**
- **End of game**
- **Simulated Halftime (take them to the locker room for 8 – 10 minutes)**

Communicating with Your Team:

- **Where do you talk to them? Vary the places.**
- **Keep it short. Players have short attention spans.**
- **Use videotape & stats whenever possible. Use video analysis of practice.**

Game Preparation

*** As soon as the game ends, the timeline to prepare for the next game begins**

- **Watch the game tape that night**
- **Look at your opponent's scouting report (yearly stats/ last 4 games)**
- **Put closure on the last game/ start talk about the next game**
- **Drill to prepare for the next game, but also focus on areas of improvement that need to be addressed**
- **Walk through some things that your opponent will do, but try not to give them too much (focus on tendencies)**

Game Time:

- **Be dressed and ready 30 minutes prior to tip**
- **Asses your team to decide how much you will say to them**

“Precision execution at both ends of the court is a hallmark of championship teams that doesn't just happen. Practices make it happen. Practices prepare you for competition...so the better you plan and conduct each practice session, the better you'll be when you take the court on game day.”