

Hello coach,

We as coaches have a responsibility to be role models to young student athletes who are in a vital stage of development. We have a tremendous influence on our students through how we act as coaches. Our impact can go beyond the basketball court. Think about your favorite and least favorite coach when you grew up? Why were they your favorite or least favorite?

Coaching is about providing student athletes a safe environment to succeed, fail, and grow as an athlete, yes, but most importantly grow as young man or women. This is the environment that we need to provide as coaches. This does not mean you can't be a tough coach, It means however that you have to manage 12-15 different personalities. As a coach that might be one of the hardest things to deal with, some coaches are better than others.

I hope that you enjoy your Practice Planner and that it helps you stay organized and successful. I know that this have helped me. In fact, I take this as well as my stat book everywhere I go throughout the season.

I wish you the best of luck this season

Coach Samuel Farrar

Email: coachsam@underdoghoops.com

Website: www.underdoghoops.com

Return To: _____

Phone: _____

Team: _____

Year: _____

Pre-Season

Mission Statement

Team Goals

Coaching Goals

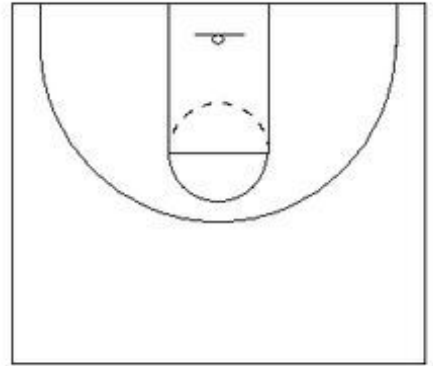
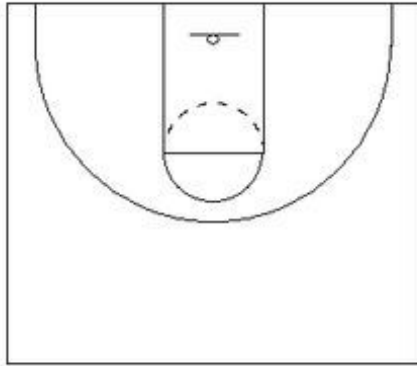
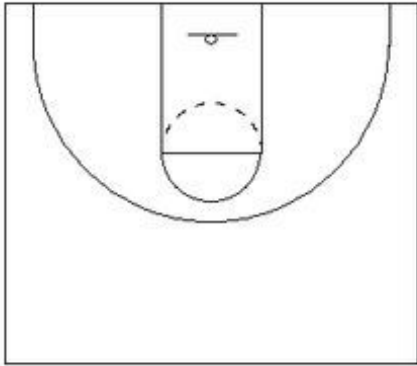
Development Strategy

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>

Implement



Schedule

Time	Drill	Emphasis	Coach

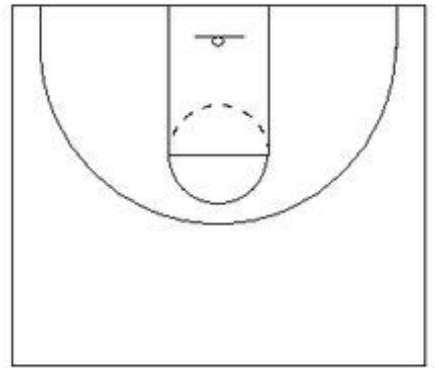
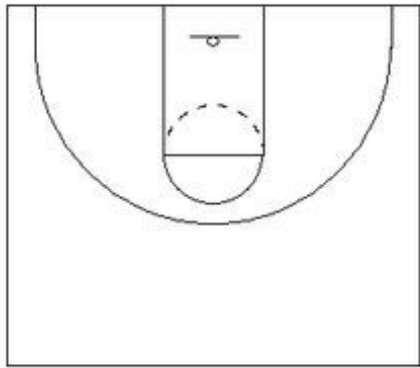
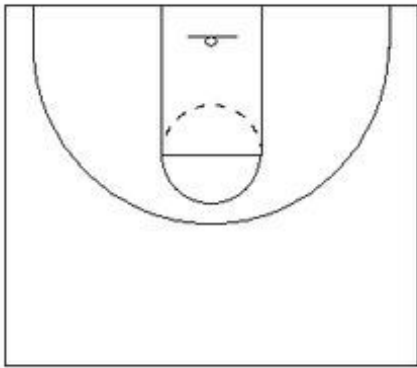
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

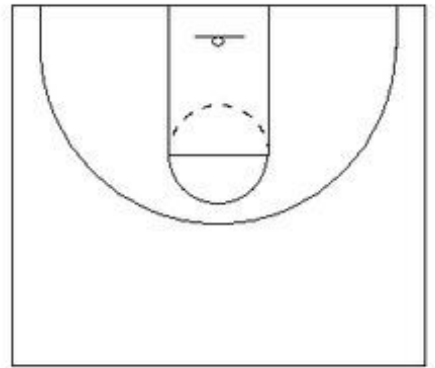
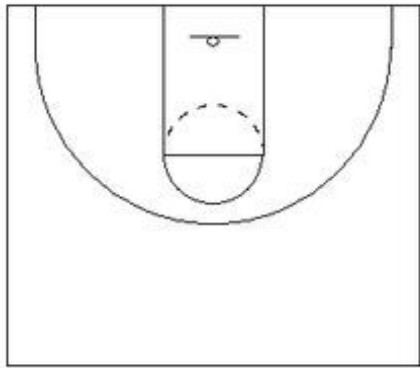
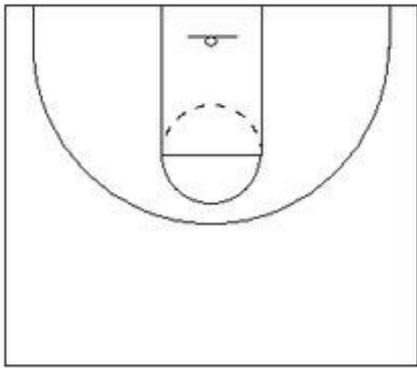
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

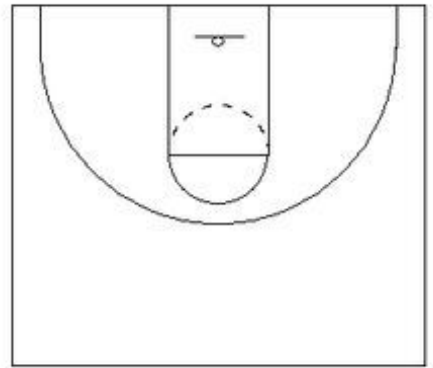
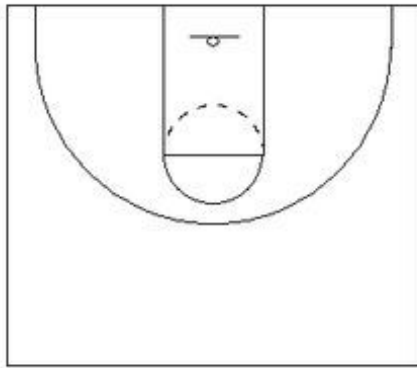
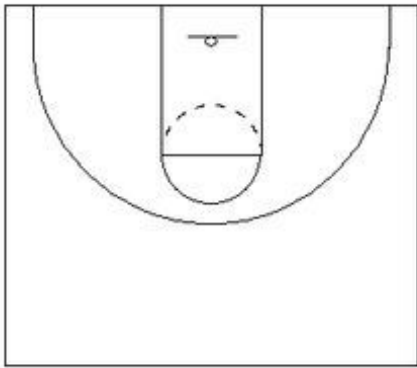
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

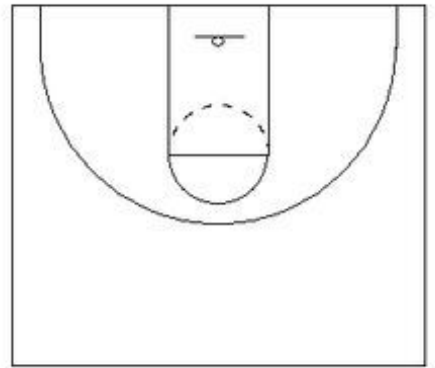
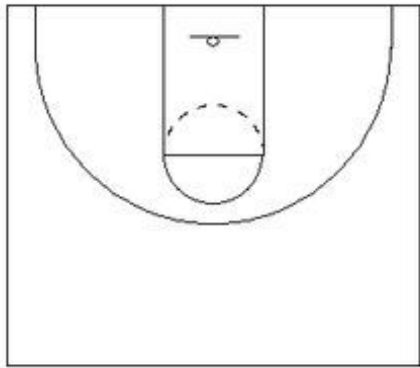
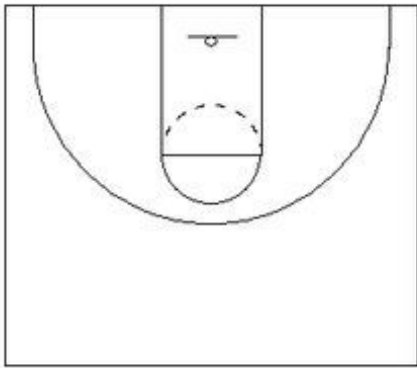
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

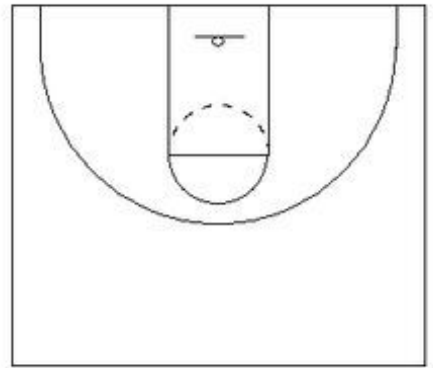
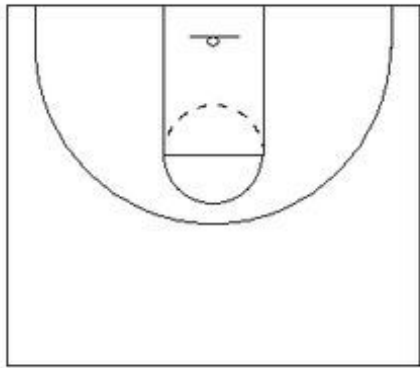
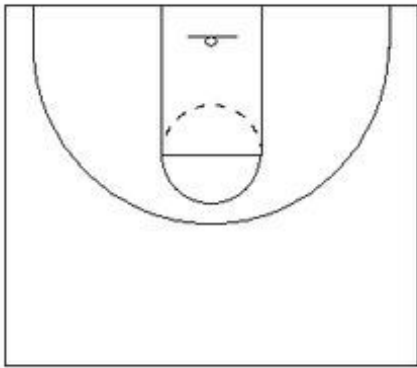
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

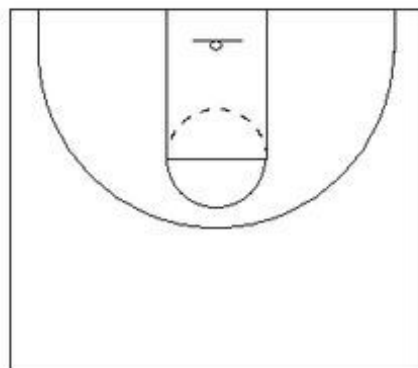
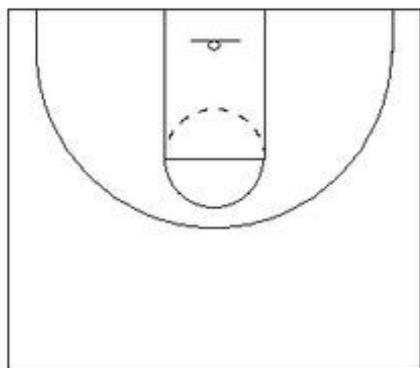
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

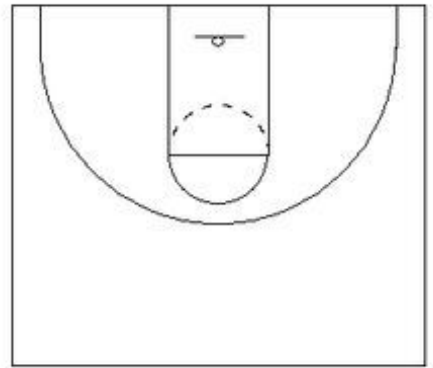
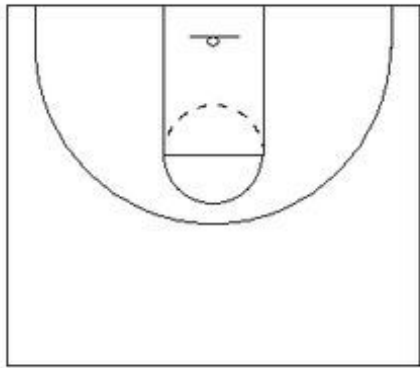
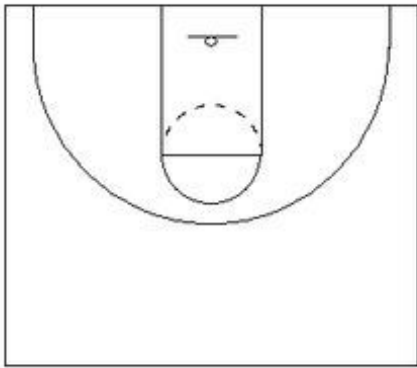
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

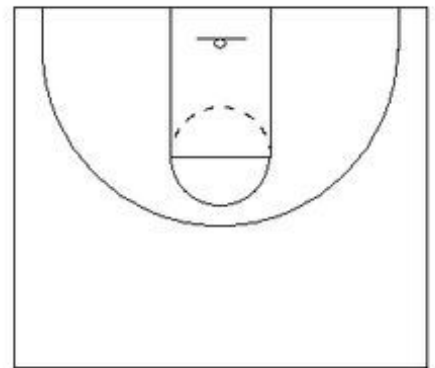
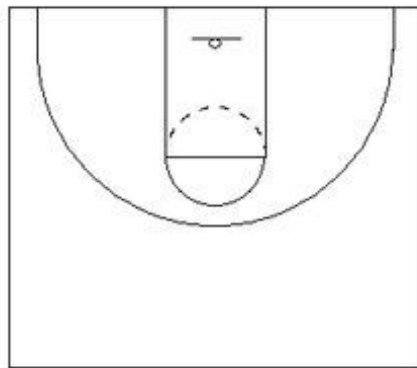
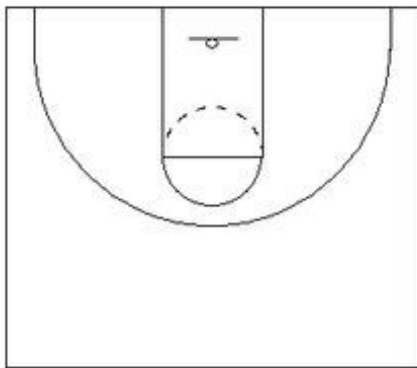
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

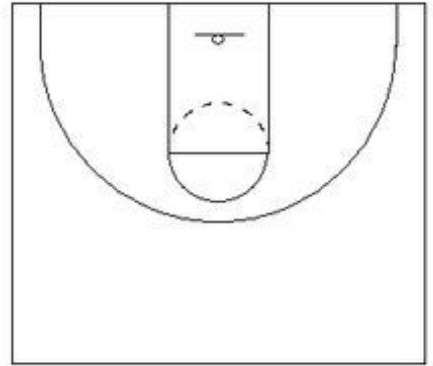
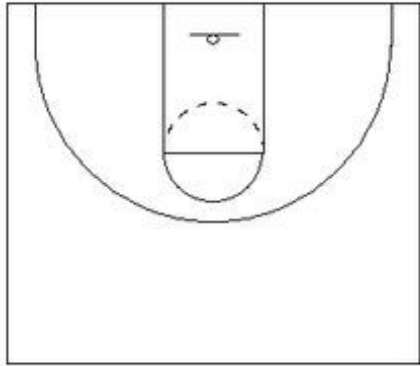
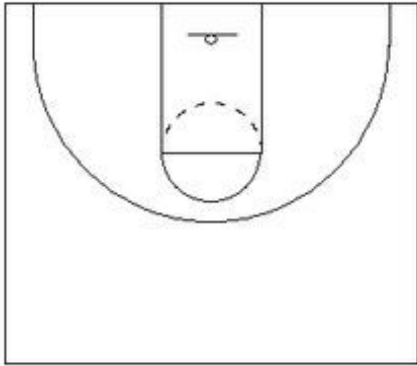
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

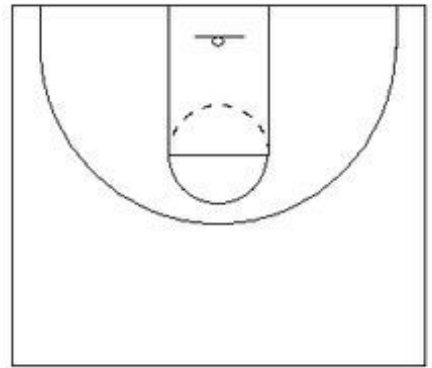
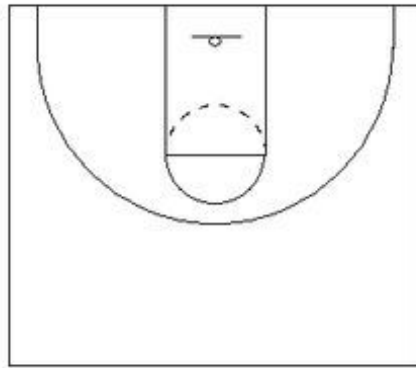
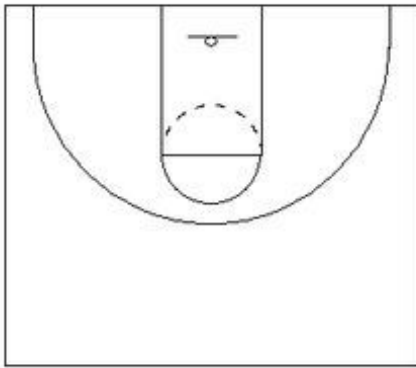
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>

Implement



Schedule

Time	Drill	Emphasis	Coach

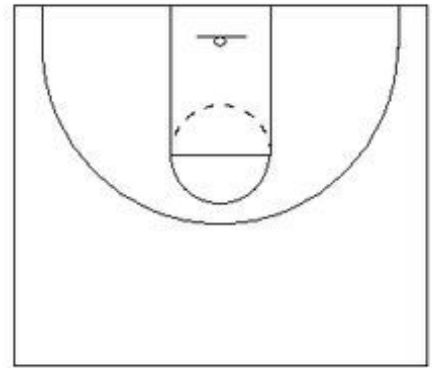
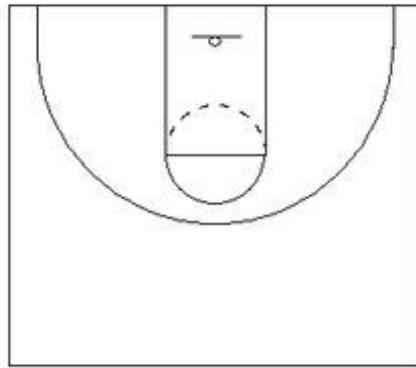
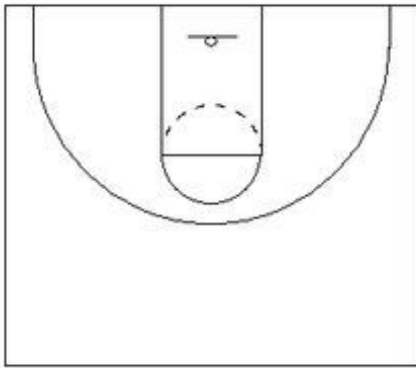
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

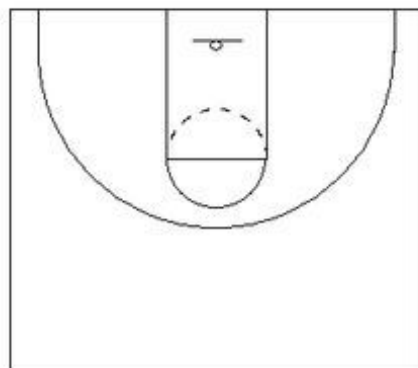
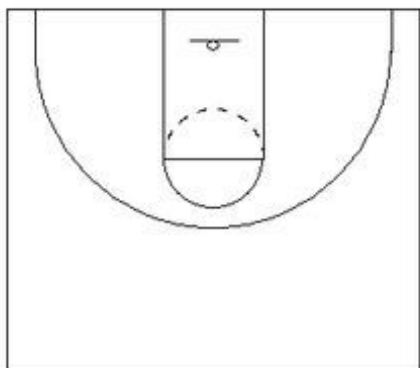
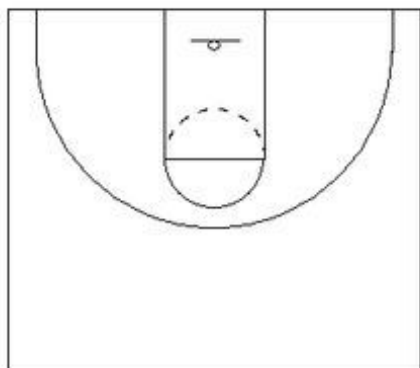
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

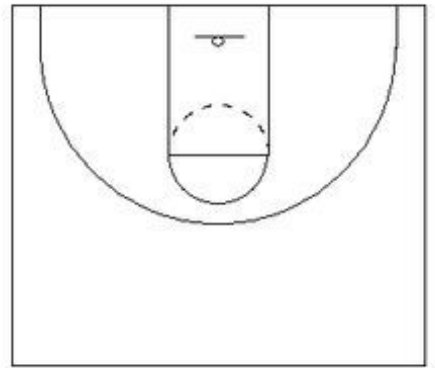
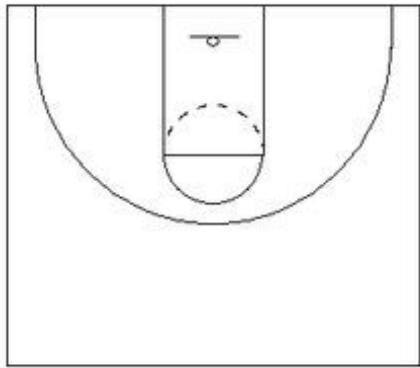
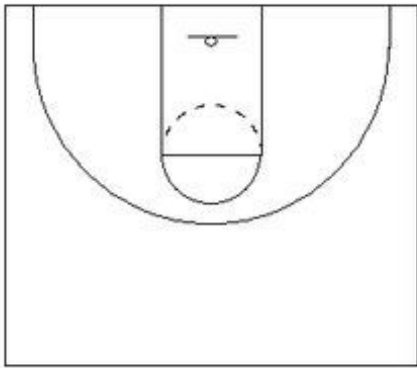
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

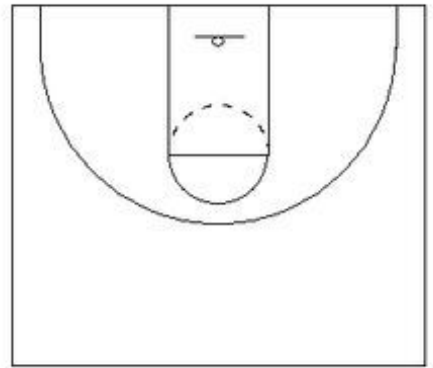
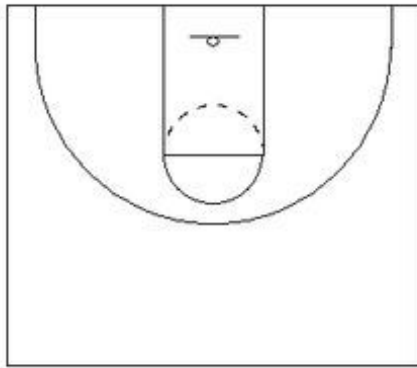
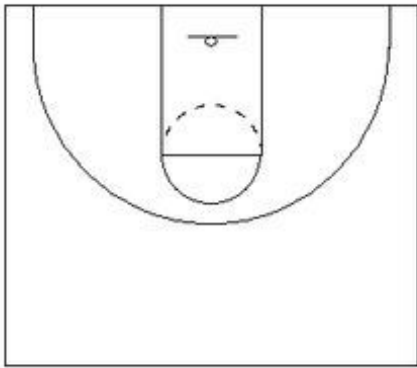
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

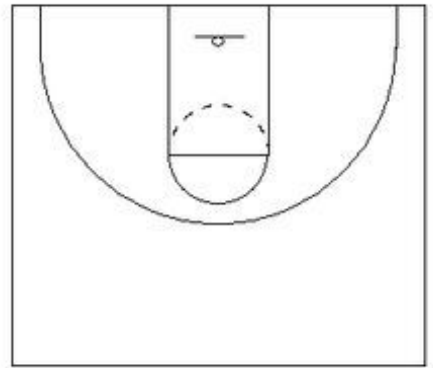
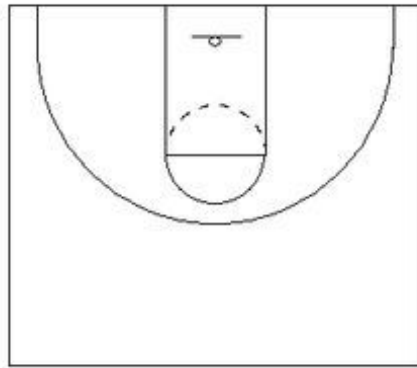
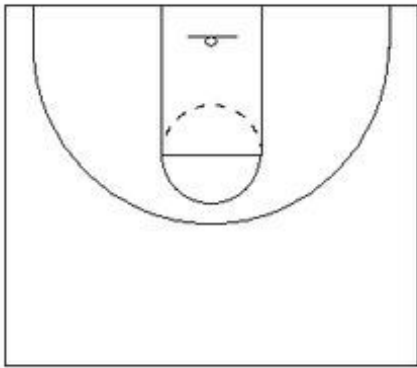
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

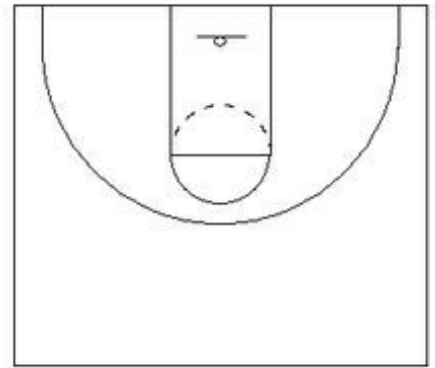
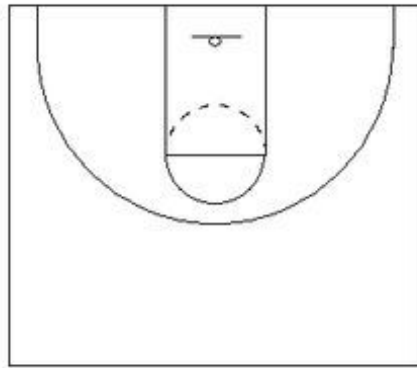
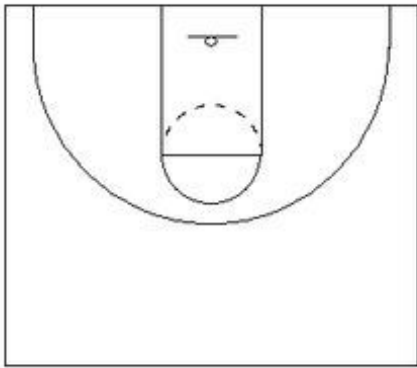
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

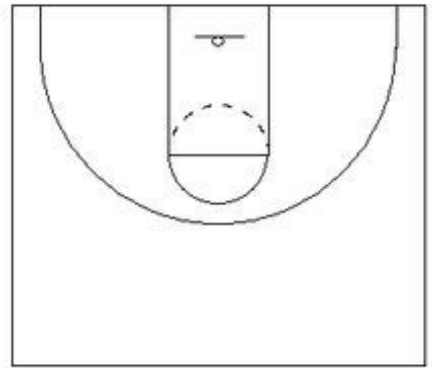
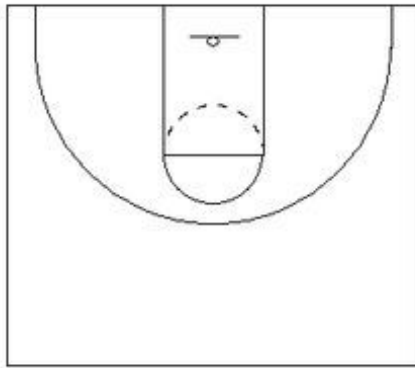
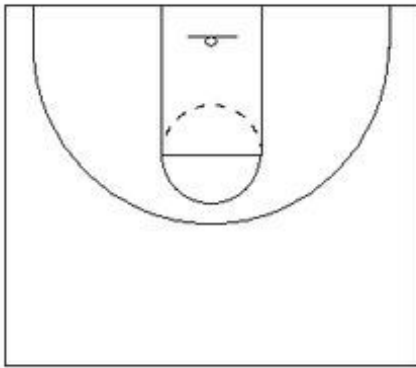
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

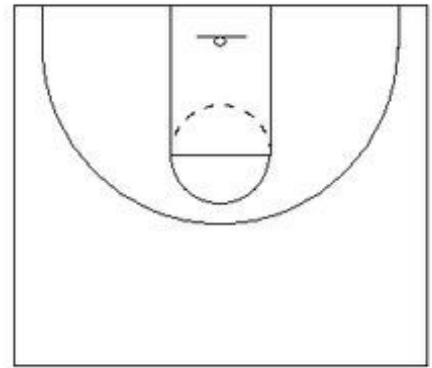
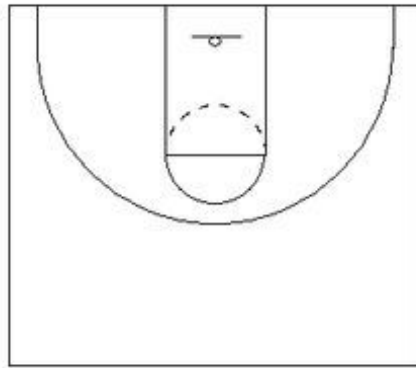
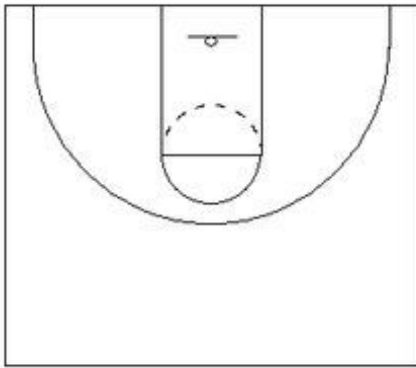
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

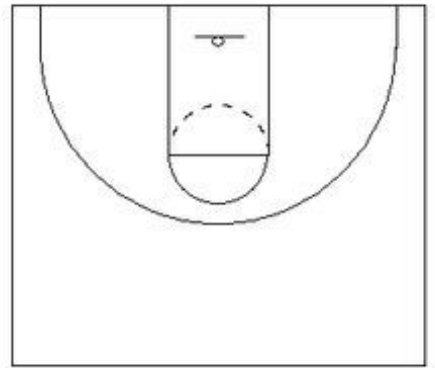
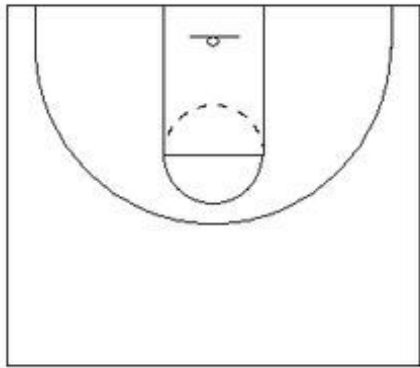
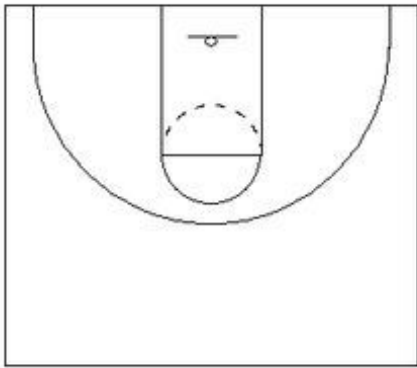
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

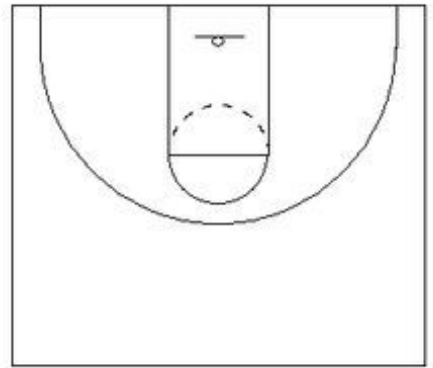
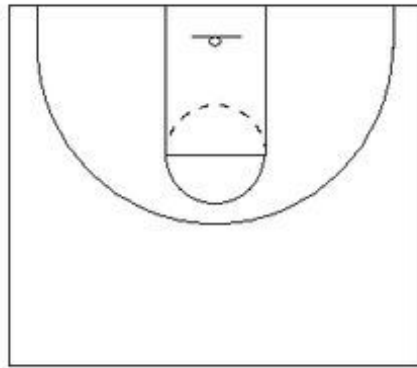
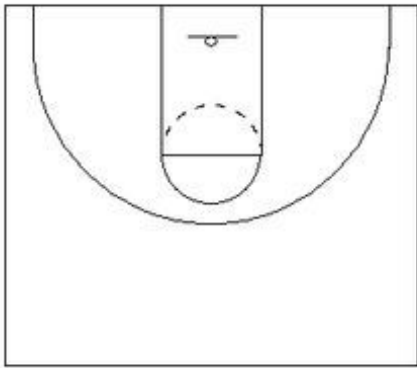
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>

Implement



Schedule

Time	Drill	Emphasis	Coach

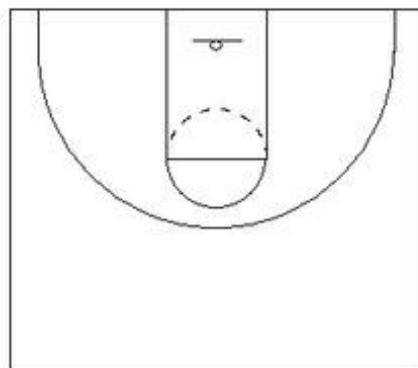
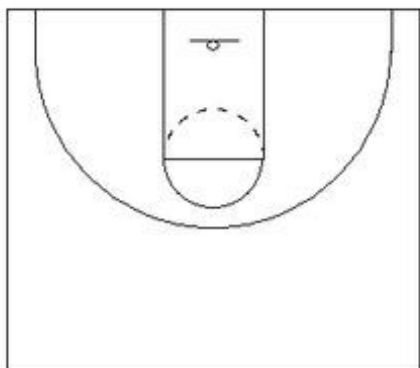
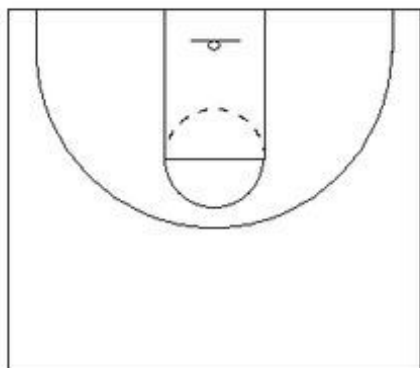
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

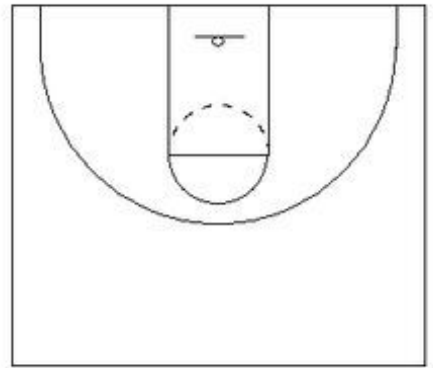
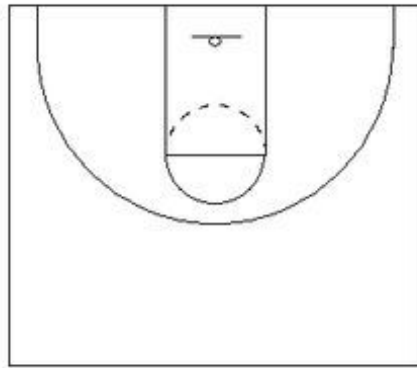
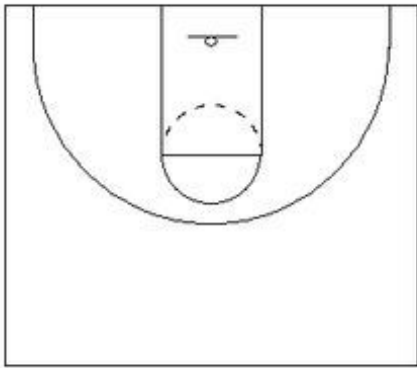
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

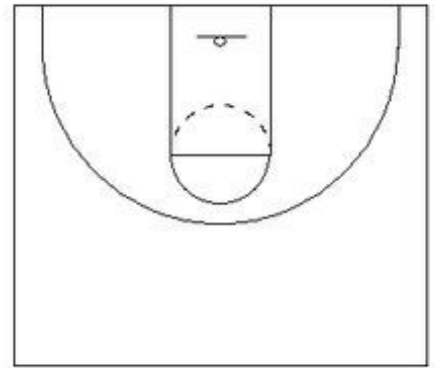
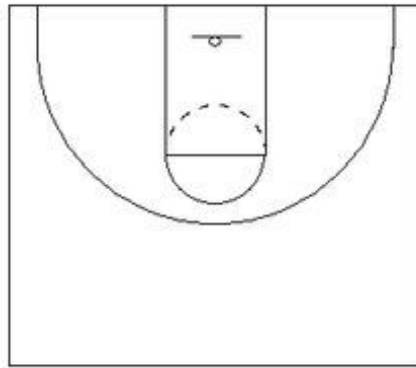
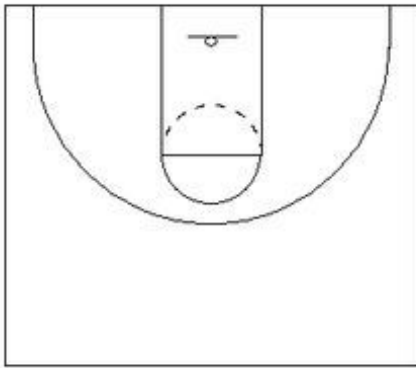
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

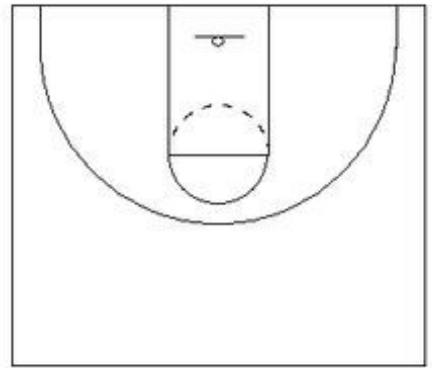
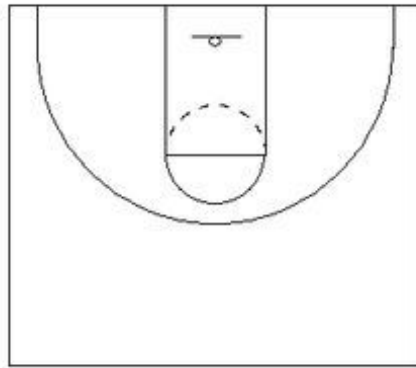
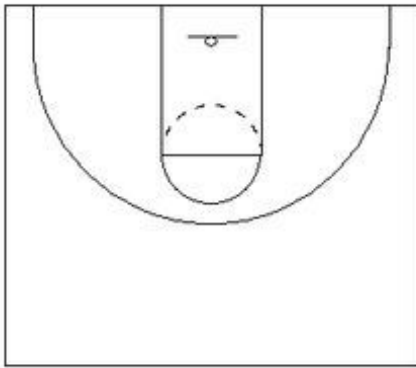
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

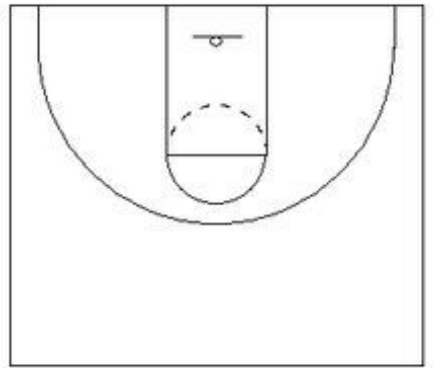
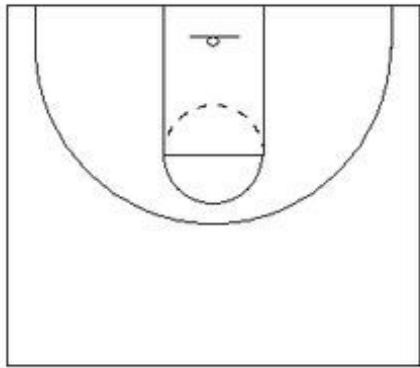
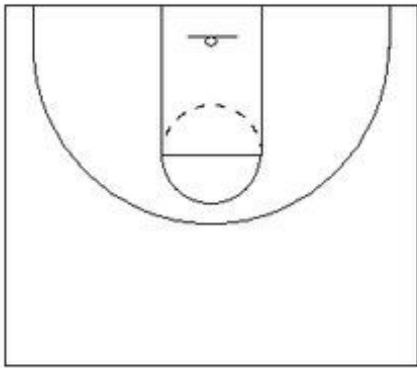
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

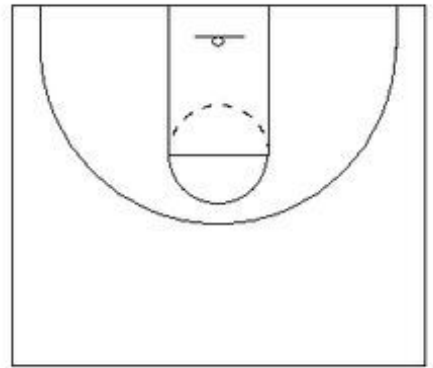
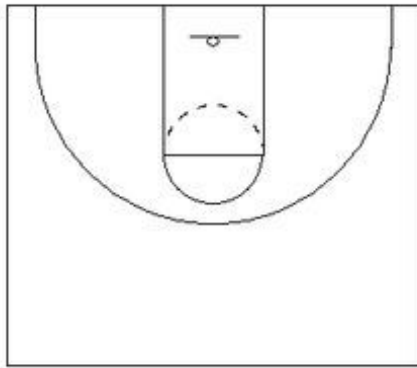
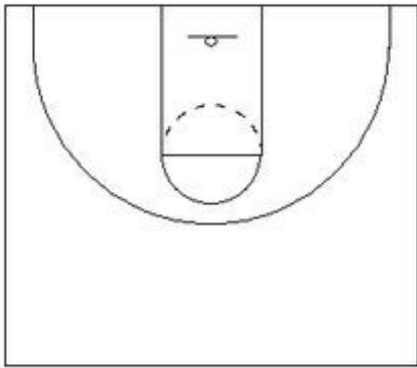
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

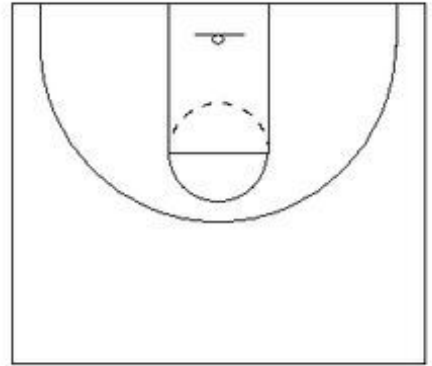
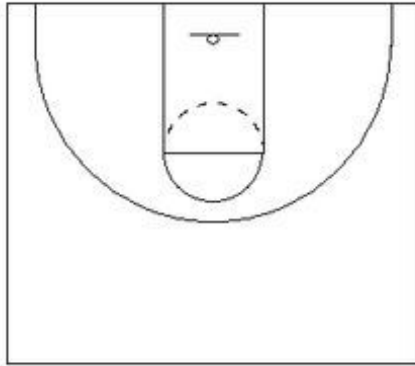
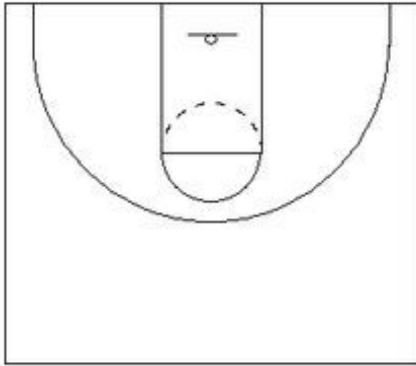
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

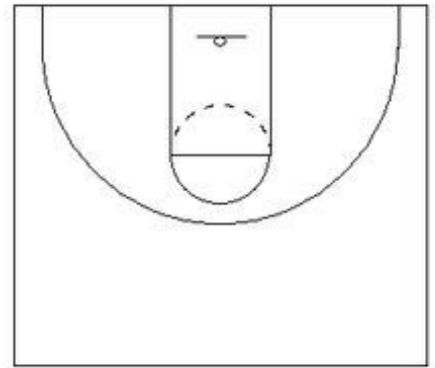
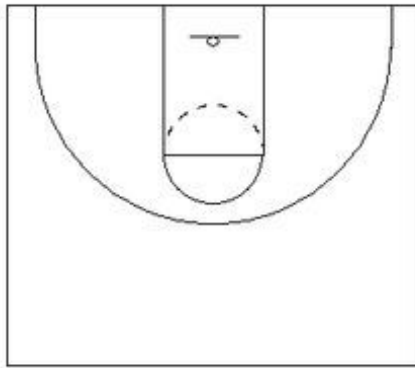
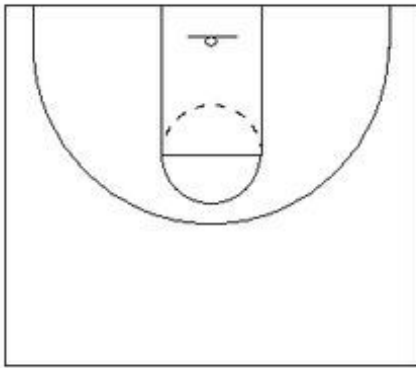
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

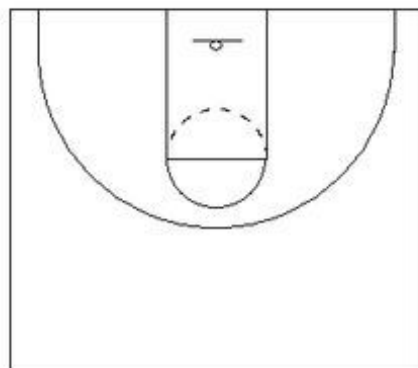
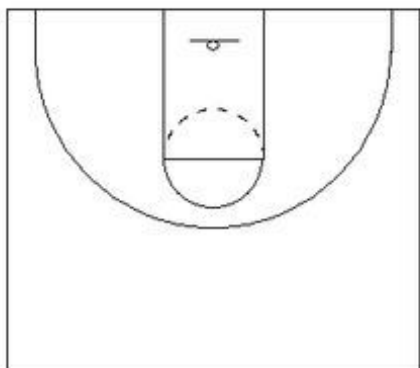
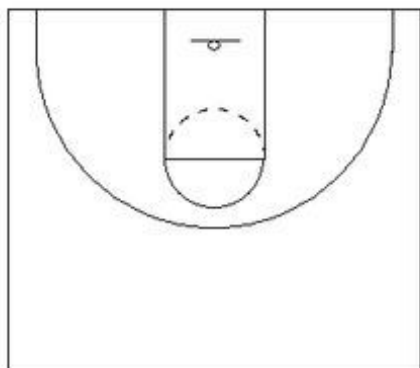
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

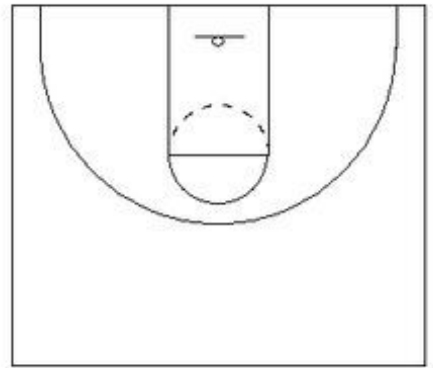
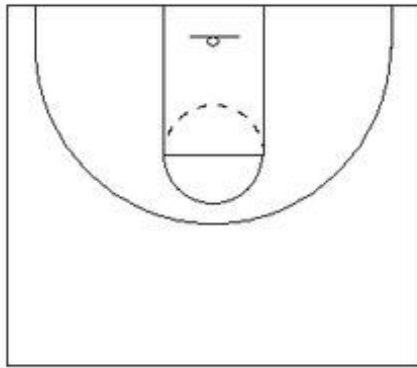
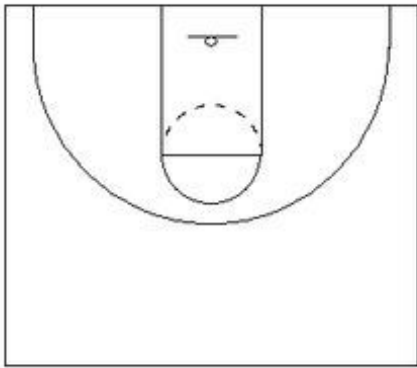
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

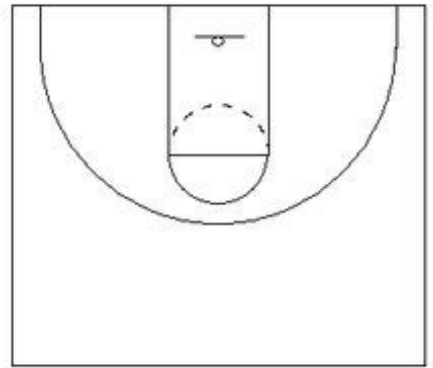
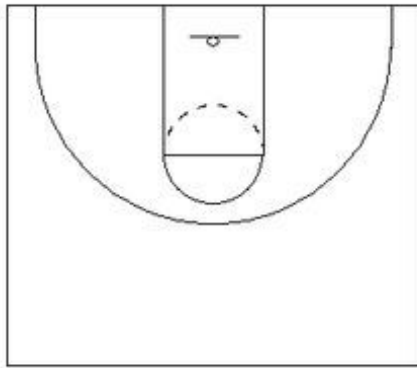
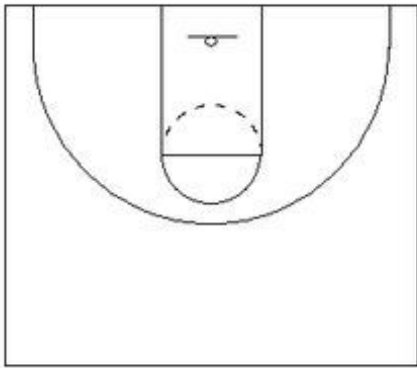
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

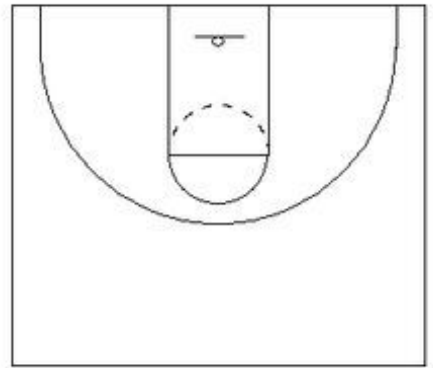
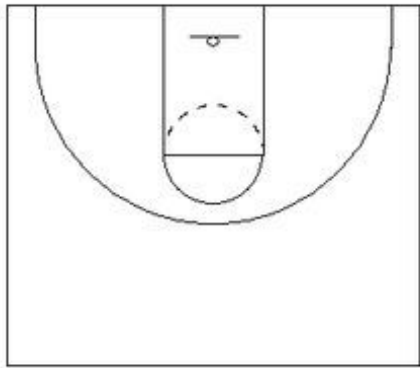
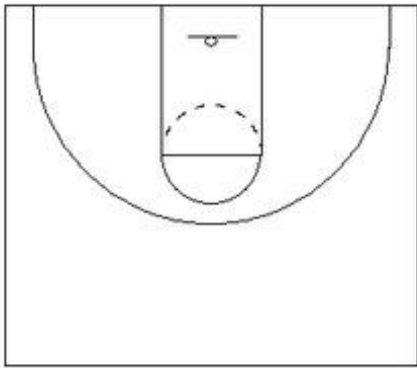
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

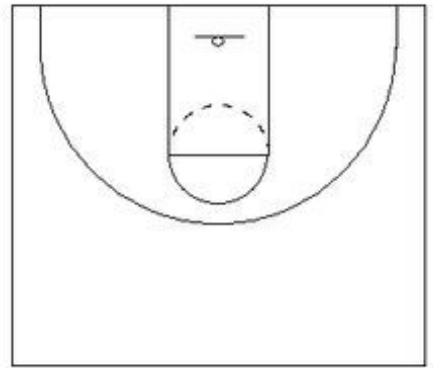
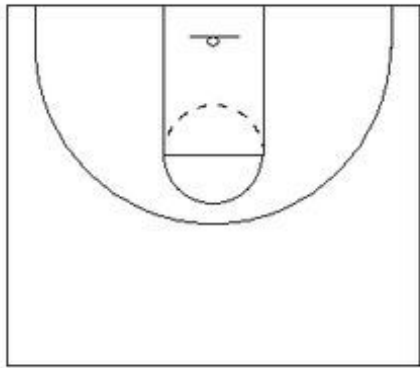
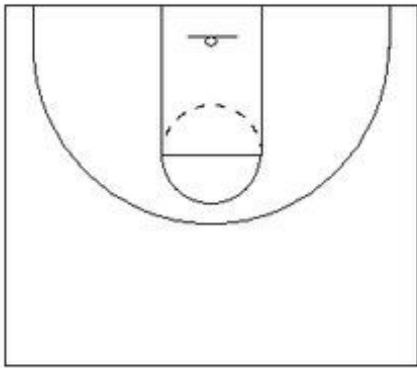
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

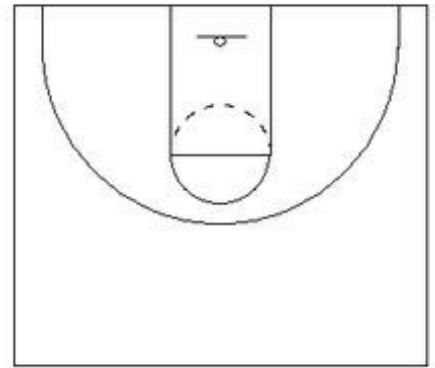
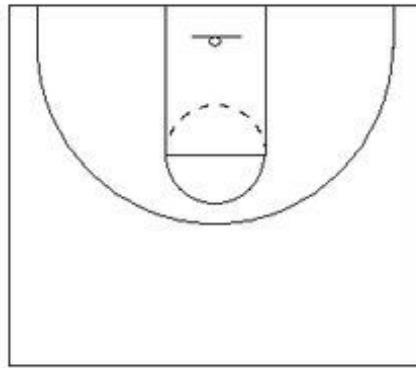
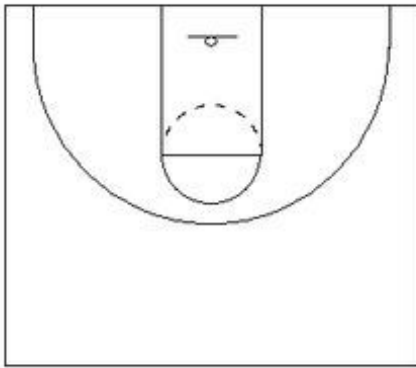
Practice Summary

Practice Plan

Date: _____ Time: _____

<i>Keys to Practice</i>	<i>First Group</i>	<i>Second Group</i>	<i>Third Group</i>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

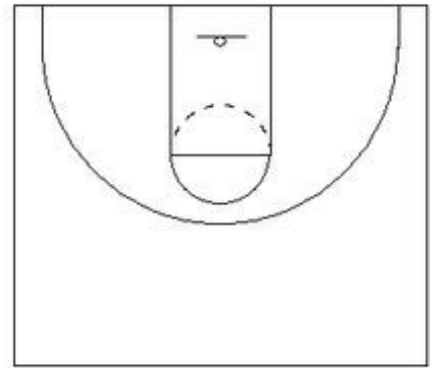
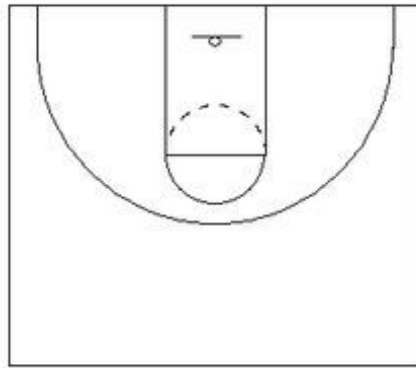
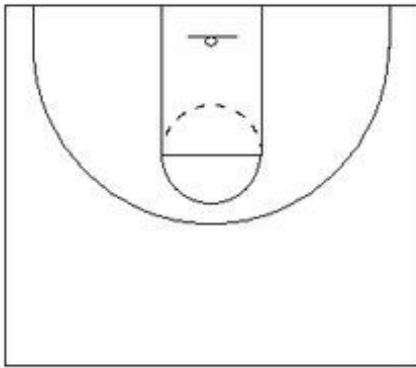
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

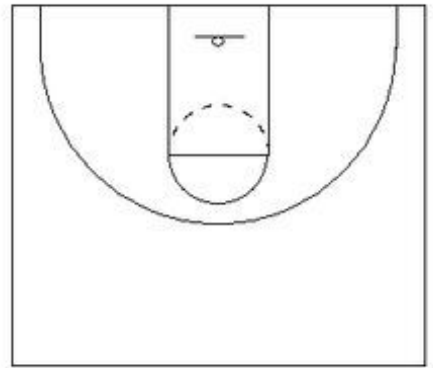
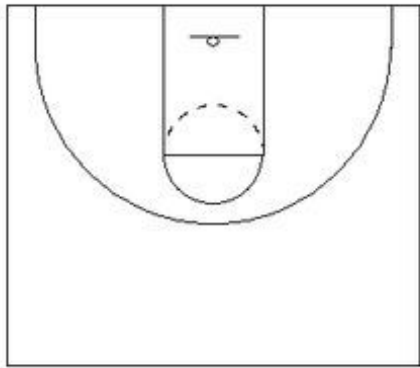
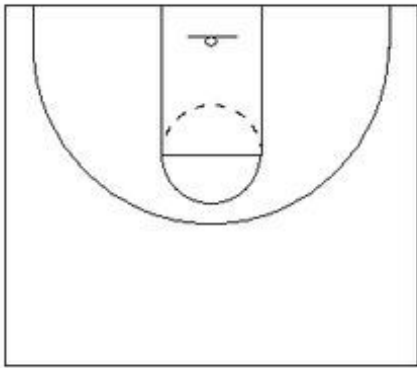
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

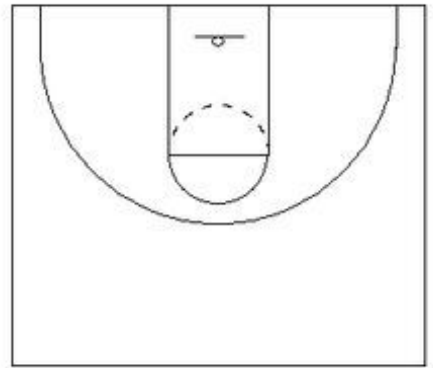
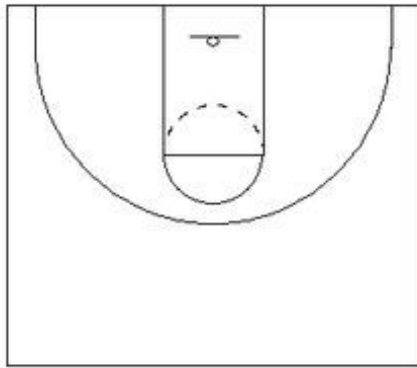
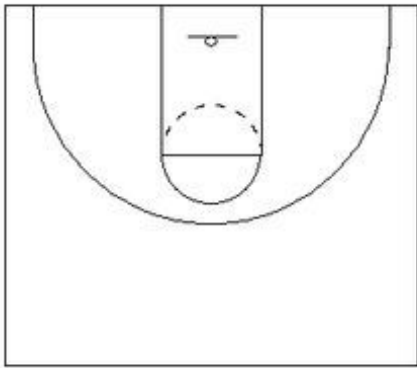
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

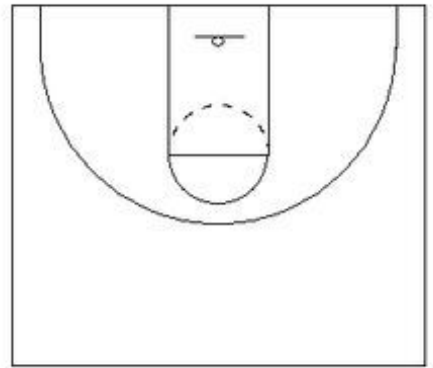
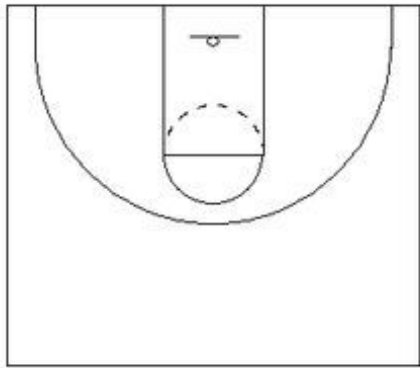
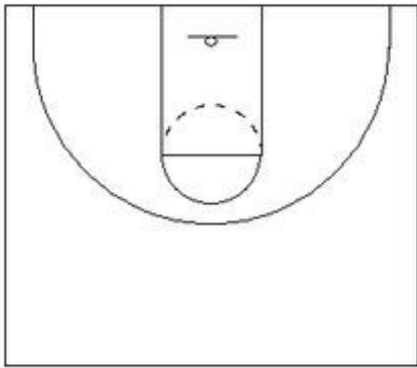
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

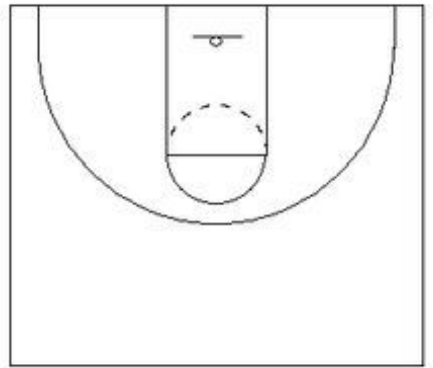
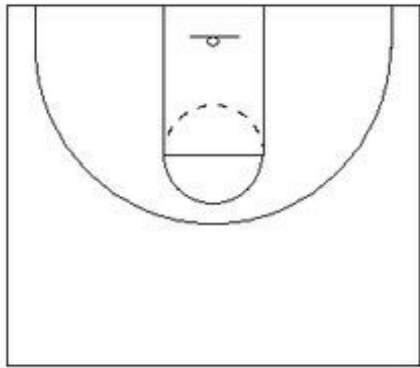
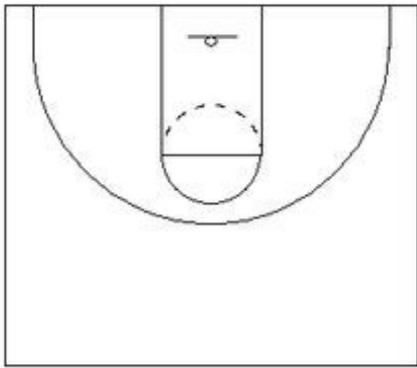
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

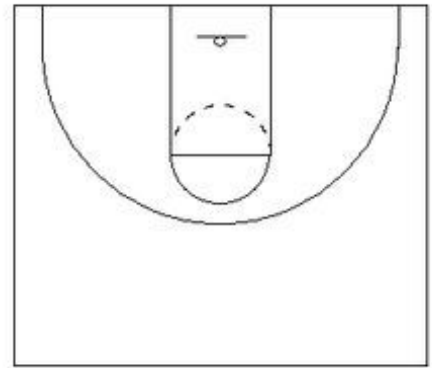
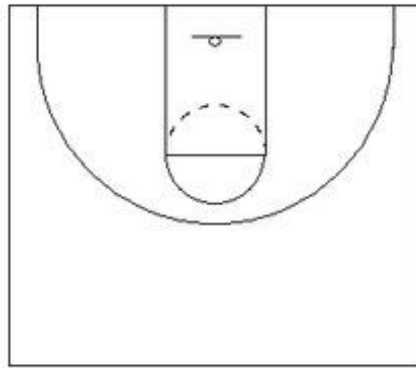
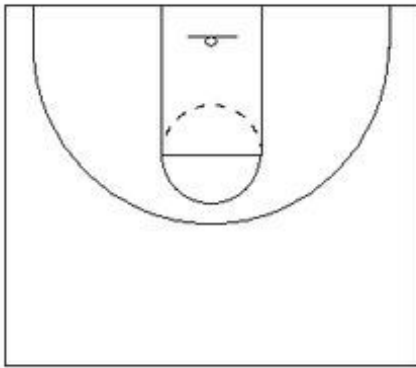
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

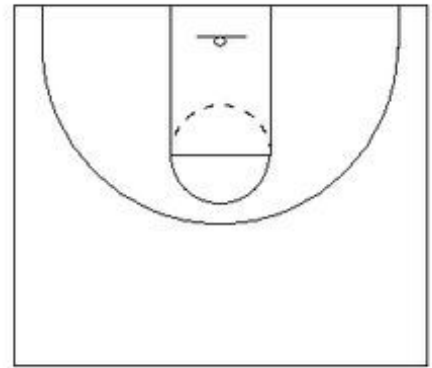
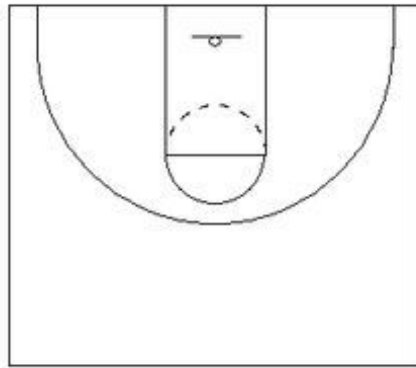
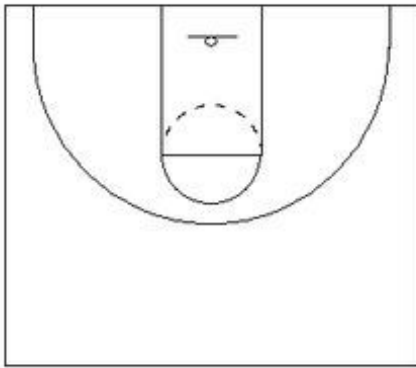
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

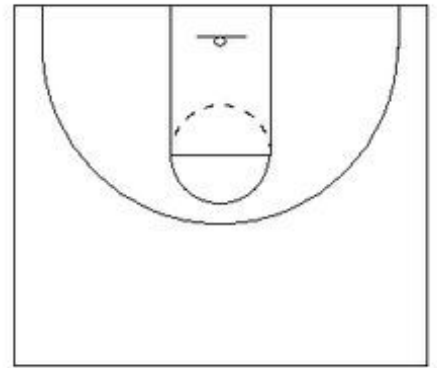
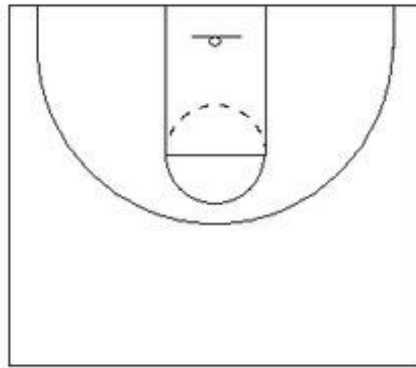
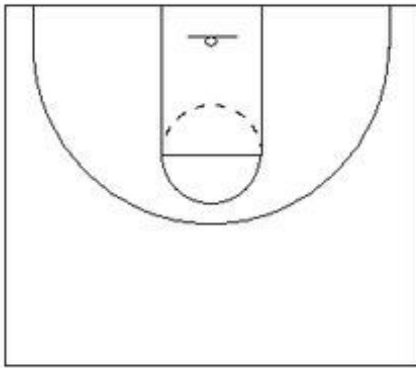
Practice Summary

Practice Plan

Date: _____ Time: _____

<i>Keys to Practice</i>	<i>First Group</i>	<i>Second Group</i>	<i>Third Group</i>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

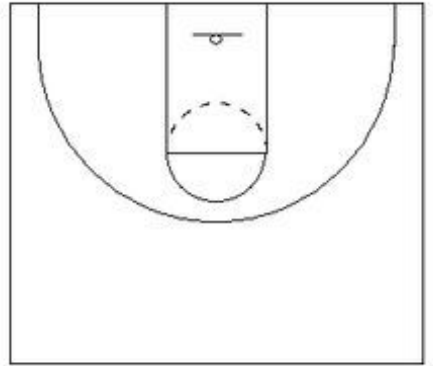
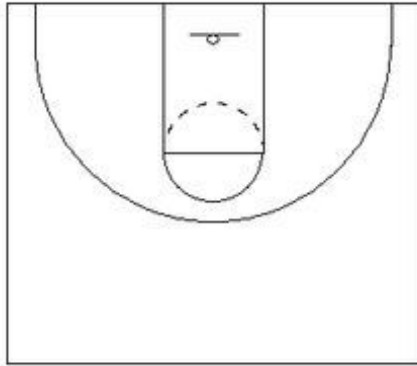
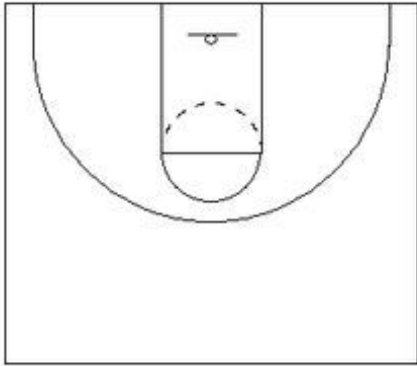
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

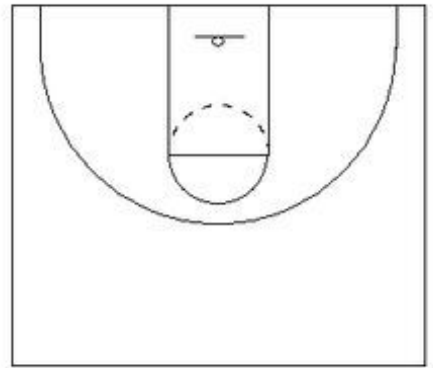
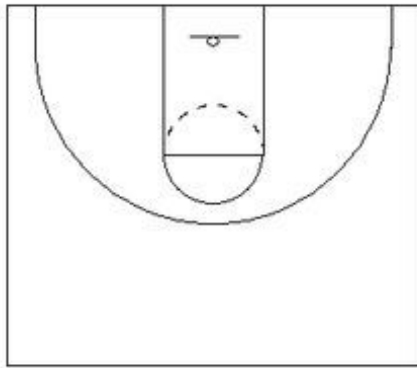
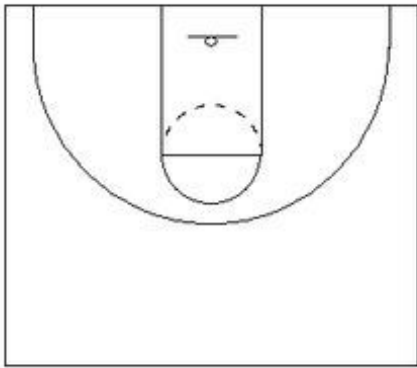
Practice Summary

Practice Plan

Date: _____ Time: _____

<u>Keys to Practice</u>	<u>First Group</u>	<u>Second Group</u>	<u>Third Group</u>
-------------------------	--------------------	---------------------	--------------------

Implement



Schedule

Time	Drill	Emphasis	Coach

Practice Summary
