

NATIONAL COACHING INSTITUTE

# Task 12 (Planning)

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# 1

## Planning Philosophy

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## ***INTRODUCTION***

Basketball is a year-round sport in Toronto. Given the enjoyment that student-athletes draw from the game, a high school coach could not curtail their involvement in the sport throughout the year. However, the coach could use his position of responsibility to realistically manage the team's participation.

Young athletes receive many benefits from organized sport, ranging from fitness and socialization to transferable skills like organization and leadership. This Yearly Planning Instrument seeks to achieve individual and team goals during the high school season and help players maximize the benefits that they earn year-round.

In many ways, the timing of the Y.P.I. is dictated by the high school schedule. The team can't start to practice before school starts but games begin in mid-October and continue until mid-March. At this time, players compete in club basketball, followed by the City-Wide League. Top players participate in Elite Development Programs and some may play for the Ontario Team at the National Championships.

Total hours per week may seem high but players will drop by the gym during lunch and spares to work on their game anyways. The Y.P.I. is a tool so that the coaches can guide these student-athletes constructively.

## ***PHASES OF THE YEARLY PLANNING INSTRUMENT***

### **Preparation • General**

Weeks 1 to 4 (4 weeks)

Macrocycles:

1. Individual Skill Development (4 weeks)

The Y.P.I. commences in mid-August, four weeks before the tryouts for the team. During this time, optional workouts will allow interested students to build basic skills and improve their physical fitness. This phase will focus on the energy systems, especially the aerobic and anaerobic lactic systems. Skill development will be basic and offence and defence limited to part-method 1-on-1 and 2-on-2 work. The last week will provide a Taper to help players prepare for the intensity of the tryouts.

### **Preparation • Sport-Specific**

Weeks 5 to 8 (4 weeks)

2. Tryouts (2 weeks)

Tryouts are very competitive, due to the past success of the program. Many players expect scholarships to a U.S. College and they Peak for this week. For others, the

process is very overwhelming. The tryouts emphasize **Intensity** and **Quality**, evaluating players for more advanced skills and part-method offensive and defensive play. The players will be introduced to the Strength and Conditioning Coach who will improve their strength with exercises on the court and in the weight room.

### 3. Assemble Team (2 weeks)

It can take several weeks to whittle down the candidates to form the squad so this macrocycle is flexible. The Y.P.I. includes time for socialization and off-the-court skills, such as mental training, studying, and leadership. Systems will move from beyond part-method to include some full-method work like basic Man to Man and Transition. The time commitment of the players is less than the tryout phase but still significant because of activities outside of practice like individual workouts and team study hall.

## Competition • Pre-Competition

Weeks 9 to 12 (4 weeks)

### 4. Exhibition Season (4 weeks)

Only a month into the year, the exhibition season begins. Before competing in scrimmages, exhibition games, and tournaments, the team must cover more part-method and whole-method situations, expanding out offensive and defensive repertoires. This phase will load the power performance factor, which is useful for quickness and explosiveness. The time commitment to the team increases because of the travel and preparation required for competitions.

## Competition • Main Season

Weeks 13 to 30 (18 weeks)

### 4. Exhibition Season cont'd (2 weeks)

As the Exhibition Season progresses, intensity increases. Also, the team begins loading skills and systems as the Holiday Classic approaches. During the next few weeks, all of the whole-method offensive and defensive systems (primary break, secondary break, early, man-to-man, zone, match-up, pressure) will be introduced. Based on the evaluation of coaches, the team will focus on areas of improvement.

### 5. League Play I (4 weeks)

The first part of the League Schedule is not as competitive as later sections because these local opponents are not as tough as Oakwood C.I. and playoff opponents. There is a Taper during the first week of December to prepare for the Holiday Classic, a sixteen team tournament hosted by Eastern Commerce at Jarvis C.I.. Also the team is thoroughly evaluated during this macrocycle.

## 6. League Play II (2 weeks)

This is a short macrocycle, between the winter holidays and the exam period, when the team cannot formally practice. The team returns to school after the break and must get up to speed quickly because the critical game versus rival Oakwood C.I. is scheduled for the following week. The majority of the skill development is complete by this point so additional time is devoted to team building and mental training.

## 7. League Play III (2 weeks)

After exams, there is a short macrocycle to finish off the regular season. The focus is on offensive and defensive systems and mental training. At this point, the goal is to maintain physical performance factors in order to prepare for the playoffs.

## 8. Playoffs (4 weeks)

The playoffs consists of three rounds, regional (T.D.S.B. South), city (4A Qualifier), and provincial (4A O.F.S.A.A.), and about a dozen games spread over four weeks. During the local playoffs, there will be a Taper to prepare for the provincial championships, which will be more intense. Before the championships, the coaches will evaluate how the team plays together and how they play under pressure.

**Transition**

Weeks 31 to 52 (22 weeks)

## 9. Recovery (3 weeks)

Combined with the March Break, this macrocycle creates a month-long period of reduced activity for the players. The team will continue to hold individual and small group workouts during school hours and hopes to initiate a Team Skills Competition as a fundraiser. This is a period where it's not possible to tell a player to stop playing ball so the coaches hope to control and optimize the team's involvement with the sport.

## 10. Spring Training Camp (2 weeks)

This training camp will be held after school and serve to inspire individual off-season improvement. The team will have a second loading period during the spring, emphasizing energy systems (aerobic, anaerobic lactic, and ATC-PC) during this time.

## 11. Small Group Skill Building (4 weeks)

The high intensity drills will help players prepare for summer leagues, the Ontario Cup, and Elite Development Camps. In addition to small group sessions on the group, the team will also build strength in the weight room.

## 12. Team Study Hall and Workouts (4 weeks)

The goal is to use basketball as a hook to entice players to study more. The team will meet for a study hall session followed by a low-intensity workout focusing on physical performance factors (maintain energy systems, building quickness and power), individual skills and part-method situations.

## 13. Summer League (6 weeks)

During the Summer League season, it is hard to keep the entire team together. Some star players will be at Elite Development Camps sponsored by Basketball Ontario and the National Championships sponsored by Basketball Canada and following those specific programs. It is the goal of the coaching staff to register for one of the elite summer leagues in Toronto and field a competitive team. Hopefully, there will be an opportunity to conduct some skill building work for the players who remain in town and help them maintain their physical performance factors.

## ***PRACTICE PHILOSOPHY***

Practices should prepare each player for his or her role in the game. Games are won in practice throughout the season, not during a two-hour game. As Muhammed Ali said: *“The fight is won or lost far away from witnesses - behind the lines, in the gym and out there on the road - long before I dance under those lights.”*

Individual defensive and transition skills developed in practice form the building blocks of our team systems. In drills, part method situations progress to five-on-five whole method scenarios that put it all together. Nothing is “too little” to drill for because we want to automate our responses and become comfortable with pressure. Mental training exercises complement this aspect of the programme.

### **“PRACTICE IQ”**

**INTENSITY:** Practice should occur at game intensity. There is always a score and a clock during drills, like a game. Each team should be playing to win. We track the results of all competitions in practice to determine who wins the most. Practice as hard as you play (or harder), so that when the chips are down you know you can execute because you’ve done it before.

**QUALITY:** Execute all skills and drills correctly, at all times. It’s important to take the time for the little things like footwork. When a skill is initially introduced, we might spend more time on the concept or proceed at a lower intensity to ensure we have mastered the technique required.

## ***SKILLS CHECKLIST***

A sample Skills Checklist is included for the month of October. The spreadsheet includes every physical performance factor, sport-specific skill, offensive and defensive system, and transferable skill required during the season.

Coaches won't plan every day of the season ahead of time but can complete the checklist after each practice. Gaps in the checklist highlight neglected areas and provide suggestions for foci when planning a week ahead of time. The checklist also reminds coaches how long it has been since the last assessment of that particular item.

## ***CONCLUSION***

Nothing is perfect when planning ahead. At a high school, gym bookings, the commitments of staff and students, and extraordinary events can rearrange the schedule on short notice. If the Y.P.I. proves to be too ambitious, the coaching staff can eliminate some advanced skill development and team systems or reduce the complexity of some units. The objective is to develop successful, physically fit, and well-prepared student-athletes and basketball can be sacrificed to achieve these other objectives.



# 2

## Yearly Planning Instrument



**Eastern Commerce  
Saints**

Sport: **Basketball, Level: Senior Boys' Varsity High School**  
 Goals: **Win Provincial Championship, Win League Title, Win Holiday Classic, Develop Players for the Next Level, Develop Successful Student Athletes**

Season:		Month	August			September				October				November				December			
2009-10		Week Date	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	
Details	Competitions									T	X	X	X	X	T	L	L	L	T*	L	
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral									T = St. Mike's Tip-Off	A = Birchmount Park	A = West Hill C.I.	A = Mother Teresa S.S.	N = Pickering H.S.	T = Pinky Lewis (Travel)	A = Northern - A = Central Commerce	H = Bloor - H = Monarch Park	T = Holiday Classic	A = Lawrence Park C.I.		
Training	Periods	<b>PREPARATION</b>																			
	Phases	General						Sport Specific						Pre-Competition							
	Peak/Taper	Taper						Peak						Taper						Peak	
	Macrocycles	1 - Individual Skill Building				2 - Tryouts			3 - Assemble Team		4 - Exhibition Schedule					5 - League Play Part I					
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
Loading	Energy Systems	<b>LOADING Energy</b>																			
	Strength	<b>LOADING Strength</b>																			
	Power	<b>LOADING Power</b>																			
	Skills and Systems	<b>LOADING Skills</b>																			
Physical Performance Factors	Balance						X			X		X		X		X		X			
	Energy Systems	Aerobic	XX	XX	XX	XX	XX	XXX	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX	XX	X	X	XX
		Anaerobic Lactic	XX	XX	XX	XX	XX	XXX	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX	XX	X	X	XX
		Anaerobic Alactic	X	X	XX	X	XX	XXX	XXX	XXX	XXX	XX	X	XX	XX	XX	XX	X	X	XX	
	Flexibility						X			X		X				X				X	
	Nutrition					X		X		X				X					X		
	Power	X	X	X	X	X	X	XX	XX	XX	XXX	XXX	XX	XX	XX	X	X	X	X	X	XX
	Quick	Lateral	X	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	X	X	XX
		Linear	X	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	X	X	XX
		Vertical	X	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	X	X	X	XX	
	Recovery					X		X		X		X				X				X	
Speed	X	XX	XX	XX	XX	XX	XXX	XXX	XXX	XXX	XX	XX	XX	XX	X	X	X	X	X	X	
Strength	X	X	X	X	X	XX	XX	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX	XX	X	X	XX	
Sport-Specific Skills	Ballhandling	XX	XX	XX	XX	XXX	XXX	XX	XX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XX	XX	XXX		
	Passing	XX	XX	XX	XX	XXX	XXX	XX	XX	XXX	XXX	XX	XX	XX	XX	XX	X	X	XX		
	Footwork	XX	XX	XX	XX	XXX	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX	XX	X	X	XX		
	Shooting	XX	XX	XX	XX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XX	XX	XXX			



**Eastern Commerce  
Saints**

Season:	Month	December		January				February				March					April					
<b>2009-10</b>	Week Date	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19			
Details	Competitions		T	T	L*			T	L	P*	P*		P**									
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		T = Detroit (Travel)	T = St. Mike's Tournament	A = East York H = Oakwood -			T = Guy Vertrie (Travel)	H = Leaside H.S.	P = TDSAA South Region	P = TDSAA 4A Qualifiers		P = OFSAA 4A Championships				Fundraiser: Skills Comp.					
Training	Periods	COMPETITION																				
	Phases	Main														Basketball Ontario Club						
	Peak/Taper					Peak				Taper		Peak		Taper		Peak						
	Macrocycles	OFF - Holidays		6 - League Part II		OFF- Exams		7 - League Part III		8 - Playoffs			OFF		9 - Recovery			10 - Spring Training				
	Microcycles	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
Loading	Energy Systems																			LOADING		
	Strength																					
	Power																					
	Skills and Systems																					
Physical Performance Factors	Balance			X				X									X	X				
	Energy Systems	Aerobic	X	X	XX	X	X	X	XX	XX	X	X	X	X	X	X	X	X	XX	XXX		
		Anaerobic Lactic	X	X	XX	X	X	X	XX	XX	X	X	X	X	X	X	X	X	XX	XXX		
		Anaerobic Alactic	X	X	XX	X	X	X	XX	XX	X	X	X	X	X	X	X	X	XX	XXX		
	Flexibility								X				X		X		X					
	Nutrition	X		X					X					X		X						
	Power			XX		X				XX	X	X	X	X				XX		XXX		
		Quick			XX		X				XX	X	X	X	X		X		X	XX	XX	
					XX		X				XX	X	X	X	X		X		X	XX	XX	
			XX		X				XX	X	X	X	X		X		X	XX	XX			
	Recovery	X	X				X	X				X		X		X	X	X	X			
	Speed			X	X				XX	X	X	X				X	X	X	XX	XX		
	Strength	X		XX		X				XX	X				X		X		XX	XX	XX	
Sport-Sk Skills	Ballhandling	X	X	XX	XX	X	X	XX	X	X	X	X	X	X	X	X	X	XXX	XXX			
	Passing			XX	XX				XX	X	X	X	X		X		XX		XX			
	Footwork			XX	XX				XX	X	X	X	X		X		X		XX	XX		
	Shooting	X	X	XXX	XXX	X	X	XX	XXX	XXX	XX	XX	X	X	X	X	X	X	XXX	XXX		



**Eastern Commerce  
Saints**

Season:	Month	May					June				July				August			
<b>2009-10</b>	Week Date	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	
	Competitions		X		X													
Details	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		Intra-squad		Mother Teresa													
Training	Periods	TRANSITION																
	Phases	Competition					Ontario Cup		School Exam Period				Elite Dev. Camps		Canadian Nationals			
	Peak/Taper				Taper		Peak						Peak for Selected Players					
	Macrocycles	11 - Small Group Skill Building				12 - Team Study Hall and Workouts				OFF-Exams		13 - Summer League						
	Microcycles	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	
Loading	Energy Systems	3 Energy																
	Strength	LOADING Strength																
	Power	LOADING Power																
	Skills and Systems	LOADING Skills																
Physical Performance Factors	Balance																	
	Energy Systems	Aerobic	XX	XX	XX	XX	XX	XX	XX	XX	X	X	XX	XX	XX	XX	X	X
		Anaerobic Lactic	XX	XX	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X	X
		Anaerobic Alactic	XX	XX	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X	X
	Flexibility																	
	Nutrition									X								
	Power	XX	XX	XX	X	X	XX	XXX	XXX				XX	XX	XX	XX	X	X
	Quick	Lateral	X	XX	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X	X
		Linear	X	XX	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X	X
		Vertical	X	XX	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X	X
	Recovery	X								X	X			X			X	
	Speed	X	X	X	X	X	X	X	X	X	X	XX	XX	XX	XX	X		
	Strength	XX	XX	XX	XXX	XXX	X	X	X	X	X	XX	XX	XX	XX		X	
Sport-Skill	Ballhandling	XX	XX	XX	XX	X	X	X	X	X	X	XX	XX	XX	XX	XX	XX	
	Passing	XX	XX	XX	X													
	Footwork	XX	XX	XX	X													
	Shooting	XX	XX	XX	X	X	X	X	X	X	X	XX	XX	XX	XX	XX	XX	

Season:	Month	August			September				October				November				December			
2009-10	Week Date	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	
Details	Competitions									T	X	X	X	X	T	L	L	T*	L	
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral									T = St. Mike's Tip-Off	A = Birchmount Park	A = West Hill C.I.	A = Mother Teresa S.S.	N = Pickering H.S.	T = Pinky Lewis (Travel)	A = Northern - A = Central Commerce	H = Bloor - H = Monarch Park	T = Holiday Classic	A = Lawrence Park C.I.	
Training	Periods	PREPARATION								C										
	Phases	General				Sport Specific				Pre-Competition										
	Peak/Taper					Taper		Peak						Taper		Peak				
	Macrocycles	1 - Individual Skill Building				2 - Tryouts		3 - Assemble Team		4 - Exhibition Schedule				5 - League Play Part I						
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Instruction and Practice	Specific	Defence	xx	xx	xx	xx	xxx	xxx	xxx	xxx	xxx	xxx	xx	xxx	xxx	xx	xx	xx	xx	xx
		Rebounding	xx	xx	xx	xx	xx	xx	xxx	xxx	xxx	xxx	xx	xx	xx	xx	xx	x	x	xx
		Post Play	xx	xx	xx	xx	x	x	xx	xx	xx	xx	xx	xx	xx	xx	xx	x	x	x
	Offensive Systems	Offensive Part Method	x	x	x	x	xx	xx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xx	xx	xx	xx	xxx
		Man to Man Offence					x	x	xx	xx	xx	xx	xx	xx	xx	xx	xxx	xx	xx	
		Zone Offence									x	xx	xx	xx	xx	xx	xx	xx	x	
		Transition Offence					xx	xx	xxx	xxx	xx	xx	xx	x	x	x	x	x	x	xx
		Press Attack									x	x	x	x	x	x	x	x	x	x
		Out of Bounds Offence							x	x	x	x	x	x	x	x	x	x	x	x
		Special Situations Offence											x	x	x	x	x	x	x	x
	Defensive Systems	Defensive Part Method	x	x	x	x	xx	xx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xx	xx	xx	xx	xxx
		Man to Man Defence					x	x	xx	xx	xxx	xxx	xxx	xxx	xxx	xxx	xx	xx	xx	xxx
		Zone Defence											x	x	x	x	x	x	x	x
		Transition Defence					xx	xx	xxx	xxx	xx	x	x	x	x	x	x	x	x	x
		Pressure Defence							x	x	xx	xx	xx	xx	xx	xx	xx	x	x	xx
		Out of Bounds Defence											x	x	x	x	x	x	x	x
	Mental Training	Special Situations Defence										x	x	x	x	x	x	x	x	x
		Basketball IQ		x		x	x	xx	xx	xx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xx	xx	xx
		Emotional Control			x	x				x			x			x			x	
		Attentional Control			x	x				x			x			x			x	
Leadership			x			x	x	x	x			x			x		x		x	
Student-Athlete					xx	xx	x	x	x	x	x	x	x	x	x	x	x	x	x	
Team Building	Communication					x	x	x	xx	x	xx	xx	xx	xx	xx	xx	xx	x	x	
	Responsibility					xx	x	x	xx	x	x	x	x	x	x	x	x	x	x	

Season:	Month	December		January				February				March					April					
<b>2009-10</b>	Week Date	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19			
Details	Competitions		T	T	L*			T	L	P*	P*		P**									
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		T = Detroit (Travel)	T = St. Mike's Tournament	H = Oakwood - A = East York			T = Guy Vertrie (Travel)	H = Leaside H.S.	P = TDSAA South Region	P = TDSAA 4A Qualifiers	P = TDSAA 4A		P = OFSAA 4A Championships			Fundraiser: Skills Comp.					
Training	Periods	COMPETITION																				
	Phases	Main														Basketball Ontario Club						
	Peak/Taper					Peak				Taper		Peak		Taper		Peak						
	Macrocycles	OFF - Holidays		6 - League Part II			OFF- Exams		7 - League Part III		8 - Playoffs			OFF		9 - Recovery			10 - Spring Training			
	Microcycles	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
Instruction and Practice	Specific Skills	Defence		xxx	xxx			xx	xxx	xxx	xx	xx	xx					xx	xx			
		Rebounding		xxx	xxx			xx	xxx	xxx	xx	xx	xx					xx	xx			
		Post Play		x	x										x	x	x	xx	xx			
	Offensive Systems	Offensive Part Method		xx	xx			xx	xx	xx	xx	xx	xx	x	x	xx	xxx	xxx				
		Man to Man Offence		xxx	xxx			xxx	xxx	xxx	xxx	xxx	xxx	x	x	x	x	x				
		Zone Offence		x	x			xx	xx	xx	xx	xx	xx									
		Transition Offence		xx	xx			x	x	x	x	x	x	x	x	x	xx	xx				
		Press Attack		xx	xx			xx	xx	xx	xx	xx	xx									
		Out of Bounds Offence		xx	xx			xx	xx	xx	xx	xx	xx									
		Special Situations Offence		x	x			xx	xx	xx	xx	xx	xx									
		Defensive Part Method		xx	xx										x	x	xx	xxx	xxx			
		Man to Man Defence		xxx	xxx										x	x	x	x	x			
	Defensive Systems	Zone Defence		xx	xx										x	x	x	xx	xx			
		Transition Defence		x	x			x	x	x	x	x	x	x	x	x	x	x	xx	xx		
		Pressure Defence		xx	xx			xx	xx	xx	xx	xx	xx									
		Out of Bounds Defence		x	x			x	x	x	x	x	x									
		Special Situations Defence		x	x			x	x	xx	xx	xx	xx									
	Mental Training	Basketball IQ		xx	xx			xx	xx	xx	xx	xx	xx			x		x	x			
		Emotional Control			x													x				
		Attentional Control			x													x				
Leadership			x				x					x	x									
Student-Athlete			xx	xx		x	x	x	x	x	x	x	x	x	x	x	x	x				
Team Building	Communication		x	x			x	x	x	x	x	x						x				
	Responsibility		x	x			x	x	x	x	x	x					xx	x				

Season:	Month	May					June				July				August		
<b>2009-10</b>	Week Date	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9
	Competitions		X		X												
Details	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		Scrimmage: Intra-squad		Scrimmage: Mother Teresa												
Training	Periods	TRANSITION															
	Phases	Competition				Ontario Cup		School Exam Period				Elite Dev. Camps		Canadian Nationals			
	Peak/Taper					Taper		Peak						Peak for Selected Players			
	Macrocycles	11 - Small Group Skill Building				12 - Team Study Hall and Workouts				OFF-Exams		13 - Summer League					
	Microcycles	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Instruction and Practice	Specific	Defence	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
		Rebounding	x	x	x	x											
	Offensive Systems	Post Play	xx	xx	xx	x	x	x	x			x	x	x	x	x	x
		Offensive Part Method	xx	xx	xx	xx	x	x	x	x		x	x	x	x	x	x
		Man to Man Offence	x	x	x	x						x	x	x	x	x	x
		Zone Offence															
		Transition Offence	x	x	x	x						x	x	x	x	x	x
		Press Attack															
		Out of Bounds Offence															
		Special Situations Offence															
	Defensive Systems	Defensive Part Method	xx	xx	xx	xx	x	x	x	x		x	x	x	x	x	x
		Man to Man Defence	x	x	x	x						x	x	x	x	x	x
		Zone Defence															
		Transition Defence	x	x	x	x						x	x	x	x	x	x
		Pressure Defence															
		Out of Bounds Defence															
	Mental Training	Special Situations Defence															
		Basketball IQ		x		x						x		x		x	
		Emotional Control					x				x						
		Attentional Control					x				x						
Leadership		x			x								x			x	
Team Building	Student-Athlete	x	x	x	x	xx	xx	xx	xx	x	x						
	Communication													xx			
	Responsibility							x	x					xx			

Season:	Month	August			September				October				November				Dece					
<b>2009-10</b>	Week Date	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14			
	Competitions									T	X	X	X	X	T	L	L	T*	L			
Details	*= <i>Important Competitions</i> , <i>T=Tournament, L=League Game</i> , <i>X=Exhibition, P=Post Season</i> , <i>H=Home, A=Away, N=Neutral</i>										T = St. Mike's Tip-Off	A = Birchmount Park	A = West Hill C.I.	A = Mother Teresa S.S.	N = Pickering H.S.	T = Pinky Lewis (Travel)	A = Northern - A = Central Commerce	H = Bloor - H = Monarch Park	T = Holiday Classic	A = Lawrence Park C.I.		
		<b>PREPARATION</b>									<b>C</b>											
Training	Periods																					
	Phases	General						Sport Specific				Pre-Competition										
	Peak/Taper							Taper		Peak								Taper		Peak		
	Macrocycles	1 - Individual Skill Building				2 - Tryouts		3 - Assemble Team		4 - Exhibition Schedule				5 - League Play Part I								
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
Team	Socialization				X	XX	XX	XX	XX	X					XX				XX	X		
	Team Standards				X	X	XX	XX	X	X					X							
Evaluation and Testing	Performance Factors	Body Measurements				X					X					X						
		Energy Systems	X				X					X					X					
		Musculoskeletal Alignment								X												
		Power				X					X					X						
		Quickness	X				X					X					X					
		Speed				X					X					X						
		Strength				X					X					X						
	Sport-Specific	Ballhandling	X						X	X					X							
		Shooting	X						X	X					X							
		Rebounding	X						X	X					X							
		Defensive Footwork	X						X	X					X							
	Team Systems	Offensive Execution												X								
		Defensive Execution												X								
		Team Chemistry												X								
Mental Training	Self-Confidence								X													
	Anxiety								X													
	Critical Decisions								X													
360°	Peer Evaluation						X					X				X			X	X		
	Self Evaluation	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
Energy System	Balance				4%				4%	2%		2%	1%		2%							
	Aerobic	10%	10%	10%	10%	7%	7%	8%	6%	4%	5%	5%	5%	3%	3%	3%	4%	3%	4%			
	Anaerobic Lactic	5%	5%	5%	5%	5%	5%	4%	4%	3%	3%	3%	3%	2%	1%	2%	2%	1%	2%			



Season:	Month	December	January	February	March	April															
<b>2009-10</b>	Week Date	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19		
	Competitions		T	T	L*			T	L	P*	P*		P**								
Details	* = Important Competitions, T = Tournament, L = League Game, X = Exhibition, P = Post Season, H = Home, A = Away, N = Neutral T = Detroit (Travel) T = St. Mike's Tournament H = Oakwood - A = East York T = Guy Vertrie (Travel) H = Leaside H.S. P = TDSAA South Region P = TDSAA 4A Qualifiers P = TDSAA 4A Championships Fundraiser: Skills Comp.																				
	Periods	COMPETITION																			
Training	Phases	Main															Basketball Ontario Club				
	Peak/Taper	Peak						Taper		Peak		Taper		Peak							
	Macrocycles	OFF - Holidays		6 - League Part II				OFF- Exams		7 - League Part III		8 - Playoffs				OFF		9 - Recovery		10 - Spring Training	
	Microcycles	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36		
	Planning	Socialization: xx (Dec 20), x (Jan 21), xx (Mar 29), xx (Apr 35) Team Standards: x (Jan 21), x (Mar 29), xx (Apr 35)																			
Evaluation and Testing	Performance Factors	Body Measurements			x				x								x				
		Energy Systems															x				
		Musculoskeletal Alignment																			
		Power			x												x				
		Quickness			x												x				
		Speed			x												x				
		Strength															x				
	Sport-Specific	Ballhandling																			
		Shooting															x				
		Rebounding															x				
		Defensive Footwork															x				
	Team Systems	Offensive Execution							x				x								
		Defensive Execution							x				x								
		Team Chemistry							x				x								
	Mental Training	Self-Confidence			x								x								
Anxiety				x								x									
Critical Decisions				x								x									
360°	Peer Evaluation			x				x				x									
	Self Evaluation	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
Energy System	Balance			3%				3%								2%		2%			
	Aerobic	13%	3%	3%	4%	14%	14%	3%	4%	4%	4%	6%	2%	14%	10%	6%	10%	7%	7%		
	Anaerobic Lactic	6%	2%	2%	2%	7%	7%	1%	2%	2%	2%	3%	1%	7%	5%	3%	5%	4%	4%		

Season:	Month	May						June				July				August	
<b>2009-10</b>	Week Date	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9
	Competitions		X		X												
Details	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		Intra-squad Scrimmage:		Mother Teresa Scrimmage:												
	Periods	TRANSITION															
Training	Phases	Competition				Ontario Cup		School Exam Period				Elite Dev. Camps		Canadian Nationals			
	Peak/Taper					Taper		Peak						Peak for Selected Players			
	Macrocycles	11 - Small Group Skill Building				12 - Team Study Hall and Workouts				OFF-Exams		13 - Summer League					
	Microcycles	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
	Team	Socialization					x	x	x	x			x		x		x
Team Standards												xx					
Evaluation and Testing	Performance Factors	Body Measurements								x							
		Energy Systems										x					
		Musculoskeletal Alignment															
		Power											x				
		Quickness											x				
		Speed											x				
		Strength											x				
	Sport-Specific	Ballhandling											x				
		Shooting											x				
		Rebounding											x				
		Defensive Footwork											x				
	Team Systems	Offensive Execution															
		Defensive Execution															
		Team Chemistry															
	Mental Training	Self-Confidence															
		Anxiety															
		Critical Decisions															
	360°	Peer Evaluation				x											
		Self Evaluation	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
	Energy System	Balance															
Aerobic		11%	8%	11%	5%	6%	6%	4%	4%	14%	14%	8%	8%	8%	8%	8%	
Anaerobic Lactic		7%	3%	4%	2%	3%	3%	2%	2%	7%	7%	5%	5%	5%	5%	8%	

Season:	Month	August			September				October				November				Dece			
2009-10	Week Date	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	
Details	Competitions									T	X	X	X	X	T	L	L	T*	L	
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral									T = St. Mike's Tip-Off	A = Birchmount Park	A = West Hill C.I.	A = Mother Teresa S.S.	N = Pickering H.S.	T = Pinky Lewis (Travel)	A = Northern - A = Central Commerce	H = Bloor - H = Monarch Park	T = Holiday Classic	A = Lawrence Park C.I.	
Training	Periods	PREPARATION											C							
	Phases	General				Sport Specific				Pre-Competition										
	Peak/Taper					Taper		Peak						Taper		Peak				
	Macrocycles	1 - Individual Skill Building				2 - Tryouts		3 - Assemble Team		4 - Exhibition Schedule				5 - League Play Part I						
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Emphasis (% of Time)	Anaerobic Alactic	5%	5%	5%	5%	5%	5%	4%	4%	3%	3%	3%	3%	2%	1%	2%	2%	1%	2%	
	Flexibility	5%	5%	5%	5%	4%	4%	4%	4%	3%	3%	3%	3%	3%	1%	3%	4%	3%	4%	
	Power	2%	2%	2%	2%	4%	4%	4%	4%	4%	7%	7%	7%	3%	1%	3%	2%	1%	2%	
	Quickness	5%	5%	5%	5%	4%	4%	4%	4%	3%	3%	3%	3%	2%	1%	2%	2%	1%	2%	
	Speed	2%	2%	2%	2%	4%	4%	4%	4%	3%	3%	2%	2%	2%	1%	2%	2%	1%	2%	
	Strength	7%	7%	7%	7%	9%	9%	8%	8%	4%	5%	5%	5%	3%	3%	3%	4%	3%	4%	
	Sport-Specific Skills	Ballhandling	12%	12%	12%	10%	7%	7%	8%	8%	4%	5%	5%	5%	5%	4%	5%	4%	3%	4%
		Passing	5%	5%	5%	2%	4%	4%	4%	2%	3%	3%	3%	3%	3%	1%	3%	4%	3%	4%
		Footwork	5%	5%	5%	5%	4%	4%	4%	2%	3%	3%	3%	3%	3%	1%	3%	4%	3%	4%
		Shooting	12%	12%	12%	10%	7%	7%	8%	8%	4%	5%	5%	5%	5%	4%	5%	4%	3%	4%
		Defence	5%	5%	5%	5%	7%	7%	4%	4%	6%	3%	3%	3%	3%	1%	3%	4%	3%	4%
		Rebounding	5%	5%	5%	2%	4%	4%	2%	2%	3%	2%	3%	3%	3%	1%	3%	4%	3%	4%
		Post Play	5%	5%	5%	5%	4%	4%	2%	2%	1%	2%	2%	2%	2%	1%	2%	2%	1%	2%
		Team Systems	Offensive Part Method	5%	5%	5%	5%	7%	4%	6%	6%	4%	5%	5%	5%	7%	5%	7%	8%	6%
	Offensive Whole Method						4%	4%	4%	4%	3%	5%	5%	5%	10%	5%	7%	8%	6%	8%
	Defensive Part Method		5%	5%	5%	5%	4%	4%	6%	6%	4%	5%	5%	5%	7%	5%	7%	8%	6%	8%
	Defensive Whole Method						4%	4%	4%	4%	3%	5%	5%	5%	10%	5%	7%	8%	6%	8%
	Mental Training		2%	2%	2%	2%	2%		4%	3%	3%	3%	2%	2%	1%		2%	1%		
	Team Building				5%	2%	2%	4%	4%	1%					1%	2%			2%	
	Testing	2%			5%	2%	2%	2%				2%	2%	2%				1%	2%	
Competitions										27%	17%	17%	17%	17%	47%	27%	19%	40%	19%	
Energy System	Balance						1.0		1.0		0.5		0.5		0.5		0.5			
	Aerobic	2.0	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	
	Anaerobic Lactic	1.0	1.0	1.0	1.0	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5	

Season:	Month	December		January				February				March					April					
<b>2009-10</b>	Week Date	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19			
Details	Competitions		T	T	L*			T	L	P*	P*		P**									
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		T = Detroit (Travel)	T = St. Mike's Tournament	H = Oakwood A = East York			T = Guy Vertrie (Travel)	H = Leaside H.S.	P = TDSAA South Region	P = TDSAA 4A Qualifiers	P = TDSAA 4A	P = OFSAA 4A Championships				Fundraiser: Skills Comp.					
Training	Periods	COMPETITION																				
	Phases	Main														Basketball Ontario Club						
	Peak/Taper					Peak				Taper		Peak		Taper		Peak						
	Macrocycles	OFF - Holidays		6 - League Part II				OFF- Exams		7 - League Part III		8 - Playoffs				OFF		9 - Recovery			10 - Spring Training	
	Microcycles	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
Emphasis (% of Time)	ns	6%	2%	2%	2%	7%	7%	1%	2%	2%	2%	3%	1%	7%	5%	3%	5%	4%	4%			
	Flexibility	25%	6%			29%	29%	1%	4%	4%	4%	6%	2%	29%	19%	13%	19%	4%	4%			
	Power							1%	2%						5%	3%	5%	4%	4%			
	Quickness			2%	2%			1%	2%						5%	3%	5%	5%	5%			
	Speed							1%	2%						5%	3%	5%	4%	4%			
	Strength	13%		3%	2%	14%	14%	1%	4%					14%	10%	6%	10%	7%	7%			
	Sport-Specific Skills	Ballhandling	13%	3%	3%	4%	14%	14%		8%	4%	4%	6%	2%	14%	10%	6%	10%	11%	11%		
		Passing								2%	2%	2%	3%	1%					4%	4%		
		Footwork								2%	2%	2%	3%	1%					4%	4%		
		Shooting	13%	3%	3%	6%	14%	14%	3%	8%	4%	4%	6%	2%	14%	10%	6%	10%	11%	11%		
		Defence		3%	3%	4%				4%	2%	2%	3%	1%					5%	5%		
		Rebounding			3%	4%				2%	2%	2%	3%	1%					4%	4%		
		Post Play			2%	4%										10%	6%	10%	4%	4%		
		Team Systems		3%	7%	9%			4%	6%	4%	4%	6%	2%		5%	3%	5%	7%	7%		
	Offensive Part Method		6%	7%	9%			3%	8%	7%	7%	13%	5%									
	Offensive Whole Method		3%	7%	9%			4%	6%	4%	4%	6%	2%		5%	3%	5%	7%	7%			
	Defensive Part Method		6%	7%	9%			3%	8%	7%	7%	13%	5%									
	Defensive Whole Method																					
	Mental Training				4%			3%	4%	4%	4%	6%	2%									
	Team Building		3%					3%	2%										4%	4%		
Testing			2%				1%	2%										2%	2%			
Competitions	13%	56%	41%	26%			61%	13%	50%	48%	13%	68%			32%							
Balance			1.0				1.0											0.5	0.5			
Energy System	Aerobic	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0			
	Anaerobic Lactic	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.0	1.0			

Season:	Month	May						June				July				August		
<b>2009-10</b>	Week Date	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	
	Competitions		X		X													
Details	*= <i>Important Competitions</i> , T= <i>Tournament</i> , L= <i>League Game</i> , X= <i>Exhibition</i> , P= <i>Post Season</i> , H= <i>Home</i> , A= <i>Away</i> , N= <i>Neutral</i>		Scrimmage: Intra-squad		Scrimmage: Mother Teresa													
Training	Periods	TRANSITION																
	Phases	Competition						Ontario Cup		School Exam Period				Elite Dev. Camps		Canadian Nationals		
	Peak/Taper							Taper		Peak				Peak for Selected Players				
	Macrocycles	11 - Small Group Skill Building						12 - Team Study Hall and Workouts				OFF-Exams		13 - Summer League				
	Microcycles	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	
Emphasis (% of Time)	ns	Anaerobic Alactic	7%	3%	4%	2%	3%	3%	2%	2%	7%	7%	3%	3%	3%	3%	4%	4%
		Flexibility	7%	6%	7%	5%	6%	6%	4%	4%	29%	29%						
	Power	4%	3%	7%	5%	6%	11%	9%	9%			3%	3%	3%	3%			
	Quickness	7%	6%	7%	5%	6%	6%	2%	2%			5%	5%	5%	5%	4%	4%	
	Speed	7%	6%	7%	5%	3%	3%	2%	2%									
	Strength	14%	17%	21%	14%	11%	6%	4%	4%	14%	14%	5%	8%	8%	8%	4%	4%	
	Sport-Specific Skills	Ballhandling	7%	6%	7%	5%	6%	6%	7%	7%	14%	14%	8%	11%	11%	11%	8%	8%
		Passing	4%	3%	4%	2%	3%	3%	2%	2%								
		Footwork	4%	3%	4%	2%	3%	3%	2%	2%								
		Shooting	7%	6%	7%	5%	6%	6%	4%	4%	14%	14%	8%	11%	11%	11%	8%	8%
		Defence	4%	3%	4%	2%	3%	3%	2%	2%			3%	3%	3%	3%	4%	4%
		Rebounding	4%	3%	4%	2%	3%	3%	2%	2%								
		Post Play	7%	6%	4%	2%	3%	3%	2%	2%			3%	3%	3%	3%	4%	4%
	Team Systems	Offensive Part Method					3%	3%	2%	2%			5%	5%	5%	5%		
		Offensive Whole Method					3%	3%	2%	2%								
		Defensive Part Method					3%	3%	2%	2%			5%	5%	5%	5%		
		Defensive Whole Method					3%	3%	2%	2%								
	Mental Training				2%	20%	20%	16%	16%				3%	3%	3%	4%	4%	
	Team Building											5%						
Testing											5%							
Competitions		22%		33%			22%	22%			27%	27%	27%	27%	42%	42%		
Energy System	Balance																	
	Aerobic	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	1.5	1.0	1.0		
	Anaerobic Lactic	1.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.0	1.0	1.0	1.0	1.0	1.0		

# Yearly Planning Instrument

Season:	Month	August			September				October				November				Dece			
2009-10	Week Date	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	
Details	Competitions									T	X	X	X	X	T	L	L	T*	L	
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral									T = St. Mike's Tip-Off	A = Birchmount Park	A = West Hill C.I.	A = Mother Teresa S.S.	N = Pickering H.S.	T = Pinky Lewis (Travel)	A = Northern - A = Central Commerce	H = Bloor - H = Monarch Park	T = Holiday Classic	A = Lawrence Park C.I.	
Training	Periods	PREPARATION								C										
	Phases	General				Sport Specific				Pre-Competition										
	Peak/Taper					Taper		Peak						Taper		Peak				
	Macrocycles	1 - Individual Skill Building				2 - Tryouts		3 - Assemble Team		4 - Exhibition Schedule				5 - League Play Part I						
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Volume (Hours/Week)	ns	1.0	1.0	1.0	1.0	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5	
	Anaerobic Alactic	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	
	Flexibility	0.5	0.5	0.5	0.5	1.0	1.0	1.0	1.0	1.0	1.5	2.0	2.0	2.0	1.0	0.5	1.0	0.5	0.5	
	Power	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5	
	Quickness	0.5	0.5	0.5	0.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	
	Speed	1.5	1.5	1.5	1.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	
	Strength	2.5	2.5	2.5	2.0	2.0	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.0	1.0	
	Sport-Specific Skills	Ballhandling	1.0	1.0	1.0	0.5	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0
		Passing	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0
		Footwork	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0
		Shooting	2.5	2.5	2.5	2.0	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0
		Defence	1.0	1.0	1.0	1.0	2.0	2.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0
		Rebounding	1.0	1.0	1.0	0.5	1.0	1.0	0.5	0.5	1.0	0.5	1.0	1.0	1.0	0.5	1.0	1.0	1.0	1.0
		Post Play	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
	Team Systems	Offensive Part Method	1.0	1.0	1.0	1.0	2.0	1.0	1.5	1.5	1.5	1.5	1.5	1.5	2.0	2.0	2.0	2.0	2.0	2.0
		Offensive Whole Method					1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	3.0	2.0	2.0	2.0	2.0	2.0
		Defensive Part Method	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	1.5	1.5	1.5	2.0	2.0	2.0	2.0	2.0	2.0
		Defensive Whole Method					1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	3.0	2.0	2.0	2.0	2.0	2.0
	Mental Training		0.5	0.5	0.5	0.5	0.5		1.0	1.0	1.0	1.0	0.5	0.5	0.5		0.5	0.5		
	Team Building				1.0	0.5	0.5	1.0	1.0	0.5					0.5	0.5			0.5	
Testing	0.5			1.0	0.5	0.5	0.5					0.5	0.5					0.5	0.5	
Comp.	Performance									3.0	2.0	2.0	2.0	2.0	6.0	3.0	3.0	6.0	2.0	
	Preparation									2.0	1.0	1.0	1.0	1.0	4.0	2.0	2.0	4.0	1.0	
	Travel									4.0	2.0	2.0	2.0	2.0	8.0	3.0		4.0	2.0	
<b>Total Hours per Week</b>		<b>21.0</b>	<b>21.0</b>	<b>21.0</b>	<b>21.0</b>	<b>28.0</b>	<b>28.0</b>	<b>24.5</b>	<b>24.5</b>	<b>33.5</b>	<b>29.5</b>	<b>29.5</b>	<b>29.5</b>	<b>29.5</b>	<b>38.0</b>	<b>30.0</b>	<b>26.0</b>	<b>35.0</b>	<b>26.0</b>	

# Yearly Planning Instrument

Season:	Month	December		January				February				March					April					
<b>2009-10</b>	Week Date	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19			
Details	Competitions		T	T	L*			T	L	P*	P*		P**									
	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		T = Detroit (Travel)	T = St. Mike's Tournament	H = Oakwood - A = East York			T = Guy Vertrie (Travel)	H = Leaside H.S.	P = TDSAA South Region	P = TDSAA 4A Qualifiers	P = TDSAA 4A		P = OFSAA 4A Championships						Fundraiser: Skills Comp.		
Training	Periods	COMPETITION																				
	Phases	Main														Basketball Ontario Club						
	Peak/Taper					Peak				Taper		Peak		Taper		Peak						
	Macrocycles	OFF - Holidays		6 - League Part II		OFF- Exams		7 - League Part III		8 - Playoffs			OFF		9 - Recovery			10 - Spring Training				
	Microcycles	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
Volume (Hours/Week)	ns	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1.0	1.0			
	Flexibility	2.0	2.0			2.0	2.0	0.5	1.0	1.0	1.0	1.0	1.0	2.0	2.0	2.0	2.0	2.0	1.0	1.0		
	Power							0.5	0.5						0.5	0.5	0.5	1.0	1.0			
	Quickness			0.5	0.5			0.5	0.5						0.5	0.5	0.5	1.5	1.5			
	Speed							0.5	0.5						0.5	0.5	0.5	1.0	1.0			
	Strength	1.0		1.0	0.5	1.0	1.0	0.5	1.0					1.0	1.0	1.0	1.0	2.0	2.0			
	Sport-Specific Skills	Ballhandling	1.0	1.0	1.0	1.0	1.0	1.0		2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	3.0	3.0		
		Passing								0.5	0.5	0.5	0.5	0.5					1.0	1.0		
		Footwork								0.5	0.5	0.5	0.5	0.5					1.0	1.0		
		Shooting	1.0	1.0	1.0	1.5	1.0	1.0	1.0	2.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	3.0	3.0		
		Defence		1.0	1.0	1.0				1.0	0.5	0.5	0.5	0.5					1.5	1.5		
		Rebounding			1.0	1.0				0.5	0.5	0.5	0.5	0.5					1.0	1.0		
		Post Play			0.5	1.0										1.0	1.0	1.0	1.0	1.0		
		Team Systems		1.0	2.0	2.0			1.5	1.5	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	2.0	2.0		
	Offensive Part Method			2.0	2.0			1.0	2.0	2.0	2.0	2.0	2.0	2.0				0.5	2.0			
	Offensive Whole Method			2.0	2.0			1.5	1.5	1.0	1.0	1.0	1.0	1.0	0.5	0.5	0.5	2.0	2.0			
	Defensive Part Method			2.0	2.0			1.0	2.0	2.0	2.0	2.0	2.0	2.0				0.5	2.0			
	Defensive Whole Method			2.0	2.0			1.0	2.0	2.0	2.0	2.0	2.0	2.0				0.5	2.0			
	Mental Training				1.0			1.0	1.0	1.0	1.0	1.0	1.0									
	Team Building		1.0					1.0	0.5										1.0	1.0		
Testing			0.5				0.5	0.5										0.5	0.5			
Comp.	Performance		6.0	4.0	2.0		6.0	2.0	5.0	5.0		8.0			3.0							
	Preparation	1.0	2.0	2.0	2.0		4.0	1.0	5.0	4.0	2.0	12.0			2.0							
	Travel		10.0	6.0	2.0		12.0		4.0	4.0		10.0										
<b>Total Hours per Week</b>		<b>8.0</b>	<b>32.0</b>	<b>29.5</b>	<b>23.5</b>	<b>7.0</b>	<b>7.0</b>	<b>36.0</b>	<b>24.0</b>	<b>28.0</b>	<b>27.0</b>	<b>16.0</b>	<b>44.0</b>	<b>7.0</b>	<b>10.5</b>	<b>15.5</b>	<b>10.5</b>	<b>28.0</b>	<b>28.0</b>			

Season:	Month	May					June				July				August				
<b>2009-10</b>	Week Date	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9		
	Competitions		X		X														
Details	*=Important Competitions, T=Tournament, L=League Game, X=Exhibition, P=Post Season, H=Home, A=Away, N=Neutral		Intra-squad Scrimmage:		Mother Teresa Scrimmage:														
Training	Periods	TRANSITION																	
	Phases	Competition				Ontario Cup		School Exam Period				Elite Dev. Camps		Canadian Nationals					
	Peak/Taper					Taper		Peak						Peak for Selected Players					
	Macrocycles	11 - Small Group Skill Building				12 - Team Study Hall and Workouts				OFF-Exams		13 - Summer League							
	Microcycles	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52		
Volume (Hours/Week)	ns	Anaerobic Alactic	1.0	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5		
		Flexibility	1.0	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.0								
		Power	0.5	0.5	1.0	1.0	1.0	2.0	2.0			0.5	0.5	0.5	0.5				
		Quickness	1.0	1.0	1.0	1.0	1.0	1.0	0.5	0.5		1.0	1.0	1.0	1.0	0.5	0.5		
		Speed	1.0	1.0	1.0	1.0	0.5	0.5	0.5	0.5									
		Strength	2.0	3.0	3.0	3.0	2.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	1.5	0.5	0.5	
	Sport-Specific Skills		Ballhandling	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.0	1.0	1.5	2.0	2.0	2.0	1.0	1.0
			Passing	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5								
			Footwork	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5								
			Shooting	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
			Defence	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
			Rebounding	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5							
			Post Play	1.0	1.0	0.5	0.5	0.5	0.5	0.5	0.5			0.5	0.5	0.5	0.5	0.5	0.5
	Team Systems		Offensive Part Method				0.5	0.5	0.5	0.5			1.0	1.0	1.0	1.0			
			Offensive Whole Method				0.5	0.5	0.5	0.5									
			Defensive Part Method				0.5	0.5	0.5	0.5			1.0	1.0	1.0	1.0			
			Defensive Whole Method				0.5	0.5	0.5	0.5									
		Mental Training				0.5	3.5	3.5	3.5	3.5				0.5	0.5	0.5	0.5	0.5	
		Team Building											1.0						
	Testing											1.0							
Comp.		Performance		2.0	2.0			2.0	2.0			2.0	2.0	2.0	2.0	2.0	2.0		
		Preparation		2.0	2.0														
		Travel			3.0			3.0	3.0			3.0	3.0	3.0	3.0	3.0	3.0		
<b>Total Hours per Week</b>		<b>14.0</b>	<b>18.0</b>	<b>14.0</b>	<b>21.0</b>	<b>17.5</b>	<b>17.5</b>	<b>22.5</b>	<b>22.5</b>	<b>7.0</b>	<b>7.0</b>	<b>18.5</b>	<b>18.5</b>	<b>18.5</b>	<b>18.5</b>	<b>12.0</b>	<b>12.0</b>		



# 3

## Weeks in Detail

- Preparation: Sport-Specific: 21 September 2009 (#7), page 1
- Competitive: Main Season: Peak: 7 December 2009 (#17), page 3
- Competition: Main Season: Taper: 1 March 2010 (#29), page 5

<u>Qualities to Develop</u>		Monday	Tuesday	Wednesday
		21	22	23
<b>Daily Emphasis</b>		<b>Team Socialization</b>	<b>Training to Train</b>	<b>Energy Systems (Aerobic)</b>
<u>Student-Athlete</u>	<b>Academic Commitments</b> <ul style="list-style-type: none"> <li>school evaluations, study hall sessions, tutoring, test preparation</li> </ul>			<ul style="list-style-type: none"> <li>Study Hall</li> </ul>
	<b>Physical Performance Factors</b> <ul style="list-style-type: none"> <li>performance factors to be emphasized that day</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Quickness</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Strength</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Flexibility</li> </ul>
<u>On the Court:</u>	<b>Sport-Specific Skills</b> <ul style="list-style-type: none"> <li>individual skills related to basketball</li> <li>part and whole method instruction</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> </ul>	<ul style="list-style-type: none"> <li>Rebounding</li> <li>Defence</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Passing</li> <li>Post Play</li> </ul>
	<b>Tactics</b> <ul style="list-style-type: none"> <li>offensive and defensive systems</li> </ul>			<ul style="list-style-type: none"> <li>M to M Offence</li> <li>M to M Defence</li> </ul>
<u>Off the Court:</u>	<b>Mental Training</b> <ul style="list-style-type: none"> <li>attention and emotional control</li> <li>includes "Basketball I.Q."</li> </ul>	<ul style="list-style-type: none"> <li>Student-Athlete</li> </ul>	<ul style="list-style-type: none"> <li>Visualization</li> <li>Positive Self-Talk</li> <li>Basketball I.Q. Situations</li> </ul>	<ul style="list-style-type: none"> <li>Student-Athlete</li> </ul>
	<b>Team Building</b> <ul style="list-style-type: none"> <li>includes communication and socialization</li> </ul>	<ul style="list-style-type: none"> <li>Team Standards</li> </ul>	<ul style="list-style-type: none"> <li>Team Standards</li> </ul>	<ul style="list-style-type: none"> <li>Team Standards</li> <li>Responsibility</li> </ul>
<b>Assessments</b>		<ul style="list-style-type: none"> <li>Pre-testing: Shooting, Ballhandling</li> </ul>		<ul style="list-style-type: none"> <li>Peer Evaluation</li> </ul>
<u>Team Schedule</u>	<b>Competitions</b>			
	<b>Practices/Workouts</b>	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (80% Intensity)</li> <li>Individual Workout (1.0 hours) (80%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (90% Intensity)</li> <li>Team Strength Workout (1.0 hours) (75%)</li> <li>Individual Workout (0.75 hours) (60%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (100% Intensity)</li> <li>Individual Workout (1.0 hours) (80%)</li> </ul>
	<b>Team/Individual Meetings</b>		<ul style="list-style-type: none"> <li>Individual Meetings with 3-4 players each day</li> </ul>	<ul style="list-style-type: none"> <li>Individual Meetings with 3-4 players each day</li> </ul>
	<b>Other Notes (i.e. travel)</b>	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>		

# Week in Detail

**PHASE:** Preparation

**DATES:** 21 September 2009 (#6)

Qualities to Develop		Thursday	Friday	Saturday	Sunday
		24	25	26	27
Daily Emphasis		<b>Ballhandling</b>	<b>Shooting</b>	<b>Weekend Routine</b>	<b>Cycle Off</b>
Student-Athlete	Academic Commitments		• Study Hall	• Reading in Spare Time	• Reading in Spare Time
	Physical Performance Factors	• Energy Systems • Quickness	• Energy Systems • Strength	• Aerobic Base • Flexibility	• Aerobic Base • Flexibility
On	Sport-Specific Skills	• Ballhandling • Defence	• Shooting • Passing	• Shooting (if possible) • Ballhandling (if possible)	• Shooting (if possible) • Ballhandling (if possible)
	Tactics	• M to M Offence • M to M Defence	• M to M Offence • M to M Defence		
Off	Mental Training	• Student-Athlete	• Student-Athlete	• Positive Self-Talk • Visualization	• Positive Self-Talk • Visualization
	Team Building	• Team Standards • Communication	• Team Standards • Socialization: Team Social Event		
Assessments			• Shooting • Ballhandling • Defence • Passing		
Team Schedule	Competitions				
	Practices/Workouts	• Practice (2.0 hours) (90% Intensity) • Team Strength Workout (1.0 hours) (75%) • Individual Workout (0.75 hours) (60%)	• Practice (2.0 hours) (100% Intensity) • Individual Workout (1.0 hours) (80%)	• Individual Run • Individual Skill Work	• Individual Run • Individual Skill Work
	Meetings	• Individual Meetings with 3-4 players each day	• Individual Meetings with 3-4 players each day		
	Other Notes				

<u>Qualities to Develop</u>		Monday	Tuesday	Wednesday
		7	8	9
Daily Emphasis		<b><i>Peak On and Off the Court</i></b>	<b><i>Team Defence (Man to Man)</i></b>	<b><i>Team Defence (Zone/Pressure)</i></b>
<u>Student-Athlete</u>	Academic Commitments <ul style="list-style-type: none"> <li>school evaluations, study hall sessions, tutoring, test preparation</li> </ul>	<ul style="list-style-type: none"> <li>Study Hall</li> </ul>	<ul style="list-style-type: none"> <li>Individual Meetings re: End of Term</li> </ul>	<ul style="list-style-type: none"> <li>Study Hall</li> <li>Individual Meetings re: End of Term</li> </ul>
	Physical Performance Factors <ul style="list-style-type: none"> <li>performance factors to be emphasized that day</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Quickness</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Strength</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Quickness</li> <li>Flexibility</li> </ul>
<u>On the Court:</u>	Sport-Specific Skills <ul style="list-style-type: none"> <li>individual skills related to basketball</li> <li>part and whole method instruction</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Passing</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Rebounding</li> <li>Defence</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Rebounding</li> <li>Defence</li> </ul>
	Tactics <ul style="list-style-type: none"> <li>offensive and defensive systems</li> </ul>	<ul style="list-style-type: none"> <li>1 on 1, 2 on 2, 3 on 3 Offence and Defence Situations</li> <li>Transition</li> </ul>	<ul style="list-style-type: none"> <li>M to M Offence</li> <li>M to M Defence</li> </ul>	<ul style="list-style-type: none"> <li>Zone Offence</li> <li>Zone Defence</li> </ul>
<u>Off the Court:</u>	Mental Training <ul style="list-style-type: none"> <li>attention and emotional control</li> <li>includes "Basketball I.Q."</li> </ul>	<ul style="list-style-type: none"> <li>Emotional Control</li> <li>Basketball I.Q.</li> </ul>	<ul style="list-style-type: none"> <li>Attentional Control</li> <li>Basketball I.Q.</li> </ul>	<ul style="list-style-type: none"> <li>Ideal Performance State</li> <li>Leadership</li> </ul>
	Team Building <ul style="list-style-type: none"> <li>includes communication and socialization</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Team Standards</li> </ul>
Assessments <ul style="list-style-type: none"> <li>includes peer and self evaluations</li> <li>includes pre-testing and formal testing</li> </ul>		<ul style="list-style-type: none"> <li>Team Chemistry</li> </ul>		<ul style="list-style-type: none"> <li>Peer Evaluation</li> </ul>
<u>Team Schedule</u>	Competitions	<ul style="list-style-type: none"> <li>Competitive Monday</li> </ul>		
	Practices/Workouts	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (90% Intensity)</li> <li>Individual Workout (1.0 hours) (80%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (90% Intensity)</li> <li>Team Strength Workout (1.0 hours) (75%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (100% Intensity)</li> <li>Individual Workout (1.0 hours) (80%)</li> </ul>
	Team/Individual Meetings			<ul style="list-style-type: none"> <li>Pre-game meeting (0.5 hours)</li> </ul>
	Other Notes (i.e. travel)	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>		

# Week in Detail

PHASE: Main Competitive  
DATES: 7 December 2009 (#17)

WEEKLY GOAL: Win Holiday Classic

<u>Qualities to Develop</u>		Thursday	Friday	Saturday	Sunday
		10	11	12	13
Daily Emphasis		<i>Round of 16</i>	<i>Quarter-Finals</i>	<i>Semi-Finals and Finals</i>	<i>Recovery</i>
Student-Athlete	Academic Commitments				• Reading in Spare Time
	Physical Performance Factors	• Energy Systems • Flexibility	• Energy Systems • Flexibility	• Energy Systems • Flexibility	• Flexibility
On	Sport-Specific Skills	• Ballhandling • Defence	• Shooting • Passing	• Shooting	
	Tactics	• Pre-game preparation	• Pre-game preparation	Pre-game preparation	
Off	Mental Training	• Ideal Performance State	• Positive Self-Talk • Visualization	• Positive Self-Talk • Visualization	• Student-Athlete • Organization Skills
	Team Building	• Team Standards	• Team Standards	• Socialization	
Assessments		• Offensive and defensive execution	• Offensive and defensive execution	• Offensive and defensive execution	
Team Schedule	Competitions	• One game (2.0 hours)	• One game (2.0 hours)	• Two games (4.0 hours)	
	Practices/Workouts	• Lunchtime shoot-around (0.5 hours)	• Lunchtime shoot-around (0.5 hours)	• Pre-game shoot-around (1.0 hours)	
	Meetings		• Pre-game meeting(0.5 hours)	• Pre-game meetings (2x0.5 hours)	
	Other Notes				• Review tape from Holiday Classic (if available)

<u>Qualities to Develop</u>		Monday	Tuesday	Wednesday
		1	2	3
Daily Emphasis		<i>Get Focused</i>	<i>Offensive Execution</i>	<i>Full-court Defence</i>
<u>Student-Athlete</u>	Academic Commitments <ul style="list-style-type: none"> <li>school evaluations, study hall sessions, tutoring, testing preparation</li> </ul>	<ul style="list-style-type: none"> <li>Study Hall</li> <li>Finish All Outstanding Work</li> </ul>	<ul style="list-style-type: none"> <li>One on One Tutoring</li> </ul>	<ul style="list-style-type: none"> <li>Study Hall</li> </ul>
	Physical Performance Factors <ul style="list-style-type: none"> <li>performance factors to be emphasized that day</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Power</li> <li>Quickness</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Recovery Day</li> <li>Strength Maintenance</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Power</li> <li>Quickness</li> <li>Flexibility</li> </ul>
<u>On the Court:</u>	Sport-Specific Skills <ul style="list-style-type: none"> <li>individual skills related to basketball</li> <li>part and whole method instruction</li> </ul>	<ul style="list-style-type: none"> <li>Ballhandling</li> <li>Shooting</li> <li>Rebounding</li> <li>Defence</li> </ul>	<ul style="list-style-type: none"> <li>Ballhandling</li> <li>Shooting</li> </ul>	<ul style="list-style-type: none"> <li>Ballhandling</li> <li>Shooting</li> <li>Rebounding</li> <li>Defence</li> </ul>
	Tactics <ul style="list-style-type: none"> <li>offensive and defensive systems</li> </ul>	<ul style="list-style-type: none"> <li>Pressure Defence</li> <li>Transition Offence</li> <li>Rebounding</li> </ul>	<ul style="list-style-type: none"> <li>M to M Offence</li> <li>Zone Offence</li> <li>Press Attack</li> </ul>	<ul style="list-style-type: none"> <li>M to M Defence</li> <li>Zone Defence</li> <li>Pressure Defence</li> </ul>
<u>Off the Court:</u>	Mental Training <ul style="list-style-type: none"> <li>attention and emotional control</li> <li>includes "Basketball I.Q."</li> </ul>	<ul style="list-style-type: none"> <li>Ideal Performance State</li> </ul>	<ul style="list-style-type: none"> <li>Attentional Control</li> <li>Visualization</li> </ul>	<ul style="list-style-type: none"> <li>Basketball IQ Situations</li> </ul>
	Team Building <ul style="list-style-type: none"> <li>includes communication and socialization</li> </ul>	<ul style="list-style-type: none"> <li>Responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Socialization</li> </ul>	<ul style="list-style-type: none"> <li>Communication (emphasis on Non-Verbal)</li> </ul>
Assessments <ul style="list-style-type: none"> <li>includes peer and self evaluations</li> <li>includes pre-testing and formal testing</li> </ul>		<ul style="list-style-type: none"> <li>Competitive Anxiety (Self-Evaluation)</li> </ul>	<ul style="list-style-type: none"> <li>Offensive Execution</li> </ul>	<ul style="list-style-type: none"> <li>Defensive Execution</li> </ul>
<u>Team Schedule</u>	Competitions			
	Practices/Workouts	<ul style="list-style-type: none"> <li>Practice (2.0 hours) (100% Intensity)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (1.5) (80%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (1.5) (100%)</li> </ul>
	Team/Individual Meetings	<ul style="list-style-type: none"> <li>Individual Meetings</li> </ul>		<ul style="list-style-type: none"> <li>Pregame Preparations</li> </ul>
	Other Notes (i.e. travel)	<ul style="list-style-type: none"> <li>Confirm Travel Arrangements</li> </ul>	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>	<ul style="list-style-type: none"> <li>Coaches Meeting</li> <li>Meeting with Principal</li> </ul>

# Week in Detail

PHASE: Main Competitive

DATES: 1 March 2010 (#29)

TEAM: Eastern Commerce C.I.

Senior Boys Basketball

WEEKLY GOAL: Win 4A OFSAA

Qualities to Develop		Thursday 4	Friday 5	Saturday 6	Sunday 7
Daily Emphasis		<i>Half-court Defence</i>	<i>Special Situations</i>	<i>Get Ready to Win</i>	<i>Represent the School</i>
Student-Athlete	Academic Commitments	<ul style="list-style-type: none"> <li>Pick-Up School Work for Next Week</li> </ul>	<ul style="list-style-type: none"> <li>Study Hall</li> </ul>	<ul style="list-style-type: none"> <li>Reading in Spare Time</li> </ul>	<ul style="list-style-type: none"> <li>Reading in Spare Time</li> </ul>
	Physical Performance Factors	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Quickness</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic</li> <li>Flexibility</li> </ul>
On	Sport-Specific Skills	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Defence</li> <li>Rebounding</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> <li>Defence</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> </ul>	<ul style="list-style-type: none"> <li>Shooting</li> <li>Ballhandling</li> </ul>
	Tactics	<ul style="list-style-type: none"> <li>M to M Defence</li> <li>Zone Defence</li> <li>Traps</li> </ul>	<ul style="list-style-type: none"> <li>End of Game Situations</li> <li>EOB/SOB Situations</li> </ul>	<ul style="list-style-type: none"> <li>M to M Offence</li> <li>Zone Offence</li> <li>Press Attack</li> </ul>	<ul style="list-style-type: none"> <li>M to M Offence</li> </ul>
Off	Mental Training	<ul style="list-style-type: none"> <li>Basketball IQ Situations</li> </ul>	<ul style="list-style-type: none"> <li>Attentional Control</li> <li>Basketball IQ Situations</li> </ul>	<ul style="list-style-type: none"> <li>Ideal Performance State</li> <li>Emotional Control Exercises</li> </ul>	<ul style="list-style-type: none"> <li>Ideal Performance State</li> <li>Visualization</li> </ul>
	Team Building	<ul style="list-style-type: none"> <li>Communication (emphasis on Verbal)</li> </ul>	<ul style="list-style-type: none"> <li>Team H.O.R.S.E. Competition</li> </ul>	<ul style="list-style-type: none"> <li>Team Standards Reminder</li> <li>Socialization</li> </ul>	<ul style="list-style-type: none"> <li>Socialization</li> </ul>
Assessments		<ul style="list-style-type: none"> <li>Defensive Execution</li> </ul>	<ul style="list-style-type: none"> <li>Team Chemistry</li> </ul>		
Team Schedule	Competitions				
	Practices/Workouts	<ul style="list-style-type: none"> <li>Practice (1.5) (100%)</li> </ul>	<ul style="list-style-type: none"> <li>Practice (1.5) (60%)</li> </ul>	<ul style="list-style-type: none"> <li>Walkthrough (1.0) (50%)</li> </ul>	<ul style="list-style-type: none"> <li>Shootaround (1.0) (50%)</li> </ul>
	Meetings	<ul style="list-style-type: none"> <li>Pregame Preparation</li> </ul>	<ul style="list-style-type: none"> <li>Individual Meetings</li> </ul>	<ul style="list-style-type: none"> <li>Team Dinner</li> </ul>	<ul style="list-style-type: none"> <li>Pregame Preparation</li> </ul>
	Other Notes	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>	<ul style="list-style-type: none"> <li>Travel to OFSAA</li> </ul>	<ul style="list-style-type: none"> <li>OFSAA Participants' Dinner</li> </ul>

# 4

## Skills Checklist





Sport: **Basketball, Level: Senior Boys' Varsity High School**

Goals: **Win Provincial Championship, Win League Title, Win Holiday Classic, Develop Players for the Next Level, Develop Successful Student Athletes**

Instruction: **T Team Work      I Individual Work      ✓ Point of Emphasis**

Assessment: **S Self-Evaluation      C Coach Evaluation      P Peer Evaluation**

○ Pre-Testing      ● Formal Testing

Month:	Week 1				Week 2				Week 3				Week 4				Week 5																			
<b>October 2009</b>	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	
	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	
<b>Physical Performance Factors</b>																																				
Balance								T	I																											
Energy Systems																																				
Aerobic				T	T	I	I	T	T	T	T	T	I	I	T	T	T	T	T	T	I	I	T	T	T	T	T	I	I	T	T	T	T	T	I	I
Anaerobic Alactic				T	T			T	T	T	T	T			T	T	T	T	T	T			T	T	T	T	T			T	T	T	T	T		
Anaerobic Lactic				T	T			T	T	T	T	T			T	T	T	T	T	T			T	T	T	T	T			T	T	T	T	T		
Flexibility																																				
Stretching				T	T	I	I	T	T	I	I	I	I	I	I	I	I	I	I	T	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	
Measurements																																				
Body Measurements								●																												
Musculoskeletal Align.																																				
Nutrition				T	T	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I		
Power				I	T	I		T	I	T	I	T	I		T	I	T	I	T	I		T	I	T	I	T	I		T	I	T	I	T	I		
Quickness																																				
Lateral				✓	T			T	✓	T	✓	T	I		T	✓	T	✓	T	T		T	✓	T	✓	T	I		T	✓	T	✓	T	I		
Linear				✓	T			T	✓	T	✓	T	I		T	✓	T	✓	T	T		T	✓	T	✓	T	I		T	✓	T	✓	T	I		
Vertical				✓	T			T	✓	T	✓	T	I		T	✓	T	✓	T	T		T	✓	T	✓	T	I		T	✓	T	✓	T	I		
Speed																																				
Acceleration				T	T			T	T					T	T		T				T	T		T			T	T		T						
Change of Direction							I	T		T	T				T	T	T				T	T				T	T			T		T				
Raw Speed					✓				✓					✓						✓					✓				✓							
Sport-Specific								✓			T				✓		T				✓					✓			✓							
Strength																																				
Core Strength				✓	T			✓	T		I	✓		I	T	I				I	T	I			I	T	I		I	T	I					
Raw Strength				✓	T			✓	T		I	✓		I	T	I				I	T	I			I	T	I		I	T	I					
Sport-Specific				✓	T			✓	T		I	✓		I	T	I				I	T	I			I	T	I		I	T	I					
Recovery				T	T			I	I	I	I	I		T	I	I	I	I	T	T	I	I	I	I	T	I	I	I	I	I	I	I				
<b>Ballhandling</b>																																				
Holding the Ball																																				
Grip				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Palming				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Pivoting				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Ball Fake				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Protect Ball				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Rip Through				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	I	I	I						
Split the Trap																												✓	T							
Sweep Through				T	I			T	I	T	I	I		I	I	T	I		I	I	I	I		I	I	I	I	T	I	I	●					
Dribbling																																				
Full-Speed				T	I			T	I	T	I	I		I	I	I	I		I	I	I	I		I	I	I	I	T	I	I	●					
Left Hand				T	I			T	I	T	I	I		I	I	I	I		I	I	I	I		I	I	I	I	T	I	I						
Right Hand				T	I			T	I	T	I	I		I	I	I	I		I	I	I	I		I	I	I	I	T	I	I						

Instruction: **T** Team Work      **I** Individual Work      ✓ Point of Emphasis  
 Assessment: **S** Self-Evaluation      **C** Coach Evaluation      **P** Peer Evaluation  
                   ○ Pre-Testing                              ● Formal Testing

Month:	Week 1							Week 2							Week 3							Week 4							Week 5						
	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su
<b>October 2009</b>	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1
Ball Moves																																			●
Crossover					T	I		T	I	T		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Inside Out					T	I		✓	I	T		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Push								✓	I	T		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Retreat					T	I		T	I	T		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Stop and Go					T	I		T	I	T		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Spin									✓	I		I	I		I	I	I	I	I			I	I	I	I	I			T	I	I	I	I		
Advanced Moves																																			
Between Legs						I		T	I	T		I	I		T	I	T		I	I		I	I	I	I	I			T	I	I	I	I		
Behind Back						I		T	I	T		I	I		T	I	T		I	I		I	I	I	I	I			T	I	I	I	I		
Double-Moves									✓	I		I	I		T	I	T		I	I		I	I	I	I	I			T	I	I	I	I		
Drills																																			
Dexterity					T	I		T	I	I		I	I		I	I	I	I	I			I	I	I	I	I			I	I	T	I	●		
Two Ball					T	I		T	I	I		I	I		I	I	I	I	I			I	I	I	I	I			I	I	T	I	●		
Game Situations																																			
Calling Timeout																						✓							T						
Create Space																✓	I					T	I	I	I	I			I	I	T	T			
Hand-Check																✓	I					✓	I	I	I	I			T	I	T	T			
Jab-Step															✓	T	I					T	I	I	I	I			I	I	T	T			
Turn the Corner															✓	T	I					T	I	I	I	I			I	I	T	T			
Falling with the Ball																✓	I					T	I	I	I	I			T	I					
Passing						T				T					T		T					T	T	T					T		●				
Catching						T				T					T		T					T	T	T					T						
One Hand						T				T					T		T					T	T	T					T						
Two Hands						T				T					T		T					T	T	T					T						
Basic Passes						T				T					T		T					T	T	T					T		●				
Bounce						T				T					T		T					T	T	T					T						
Chest						T				T					T		T					T	T	T					T						
Hand-Off						T				T					T		T					T	T	T					T						
Lob						T				T					T		T					T	T	T					T						
One Hand										T					T		T					T	T	T					T						
Overhead										T					T		T					T	T	T					T						
Advanced Passes																																			●
Behind Back																						T	T	T					T						
Behind Head																						T	T	T					T						
Close Quarters																																			
No-Look																						T	T	T					T						
One-Hand Bounce															T		T					T	T	T					T						
Passes w Spin															T		T					T	T	T					T						
Push																	T					T	T	T					T						
Skip Pass																	T					T	T	T					T						
Loose Ball Recovery																																			●
Getting Up w Ball																							T	T						T					
Bat to Teammate																							T	T						T					

Instruction: **T** Team Work      **I** Individual Work      ✓ Point of Emphasis  
 Assessment: **S** Self-Evaluation      **C** Coach Evaluation      **P** Peer Evaluation  
                  **o** Pre-Testing                      **•** Formal Testing

Month:	Week 1				Week 2				Week 3				Week 4				Week 5																		
	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su							
<b>October 2009</b>	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1
<b>Shooting</b>																																			
Lay-up																																			
Alley Oop				o	I					I	I						I	I				I		I					I		I				
Dunk				o	I					I	I						I	I				I		I					I		I				
Power lay-up				o	T			T	T		T				T							T							T						
Reverse Lay-up				o	T			T	T		T				T							T							T						
Strong hand				o	I			I	I	I	I	I			I	I	I	I				I	I	I	I	I			I	I	I	I	•		
Weak hand				o	I			I	I	I	I	I			I	I	I	I				I	I	I	I	I			I	I	I	I	•		
Jump Shot																																			
Bank shot				o	T			T	T		T				T							T							T						
Catch and Shoot								✓	✓		T				T	T		T				T	T						T	T					
Off Ball Move								✓	✓		T				T	T		T				T	T						T	T					
One-handed Runner				o	I			I	I	I	I	I			I	I	I	I				I	I	I	I	I			I	I	I	I	I		
Outside Shooting				o	I			I	I	I	I	I			✓	✓	I	I	I			I	I	I	I	I			I	I	I	I	I		
Pull-Up Jumper				o	I			I	I	I	I	I			✓	✓	I	I	I			I	I	I	I	I			I	I	I	I	•		
Step-Back				o	I			I	I	I	I	I			I	I	I	I	I			✓	I	I	I	I			I	I	I	I	I		
Turnaround				o	I			I	I	I	I	I			I	I	I	I	I			I	I	I	I	I			✓	I	I	I	I		
Free Throws																																			
Intentional Miss																							T	T											
Routine				o	I			I	T	T	I	I			I	I	T	T	I			I	I	I	I	I			I	I	I	I	I		
Technique				o	I			I	T	T	I	I			I	I	T	T	I			I	I	I	I	I			I	I	I	I	I		
<b>Footwork</b>																																			
Changing Direction																																			
Drop-Step				T				T	T		T						T							T							T				
Plant and Explode				T				T	T		T						T							T							T				
Cutting																																			
Basic Cuts																																			
Backdoor				T				T	T						T	T						T	T						T	T					
UCLA				T				T	T						T	T						T	T						T	T					
Flex				T				T	T						T	T						T	T						T	T					
Shuffle				T				T	T						T	T						T	T						T	T					
Flashing									T	T						T	T						T	T						T	T				
Jumping																																			
Exploding									T	T	T					I	I						I	I						I	I			•	
Landing									T	T	T					I	I						I	I						I	I				
Running																																			
First Step					T	T		T								T							T											•	
Stopping					T	T		T								T							T												
Advanced Footwork																																			
Diving on the Floor											T					T	T						T							T					
Fight Through Pick											T					T	T						T							T					
Sealing																T	T						T							T	T				
Sikpping Rope					T	T	I	I	T	T	T	T	T	I	T	T	T	T				T	T	T	T	T	I	T	T	T	T	T			
<b>Rebounding</b>																																			

Instruction: T Team Work I Individual Work ✓ Point of Emphasis  
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Month:	Week 1				Week 2				Week 3				Week 4				Week 5																		
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	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1
<b>Defensive</b>																																			
Ball Control				T																															
Boxing Out				T	T			T	T	T	T	T			T	T	T	T	T								T	T	T	T					
Make Contact				T	T			T	T	T	T	T			T	T	T	T	T								T	T	T	T					
Set Plays																				T									T						
<b>Offensive</b>																																			
Follow Shot				T					T							T					T	T						T							
Percentages								✓							✓													✓							
Spin								T							T													T							
Tip								T							T													T							
Maintain Possession									T													T	T												
<b>Defence</b>																																			
<b>Positioning</b>																																			
Balance					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Hands Up					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Court Position					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
<b>Footwork</b>																																			
Defensive Slides					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Rapid Feet					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Defensive Drop Step					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
<b>Off-Ball</b>																																			
Bump Cutter					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Deny					✓	T		C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Force Catch Away					✓			C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
On the Line					✓			C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Up the Line					✓			C	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Help								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Opening Up								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Rotate								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
<b>On-Ball</b>																																			
Turn the Dribbler								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Close Out																																			
Hand on Ball								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Chopping Feet								✓	T	T	T	T			C	T	T	T	T			C	T			C	P	T							
Inbounds Defence					✓			T		T										T		C	T			C	P	T							
<b>Post Defence</b>																																			
3/4 Defence								✓							T	I	I					I	I	S		I	I								
Behind								✓							T	I	I					I	I	S		I	I								
Change the Shot								✓							T	I	I					I	I	S		I	I								
Front								✓							T	I	I					I	I	S		I	I								
<b>Stealing the Ball</b>																																			
Active Hands									✓						T	I	I					I	I	S		I	I								
Force Tie-Up									✓						T	I	I					I	I	S		I	I								
Intimidate Dribbler									✓						T	I	I					I	I	S		I	I								

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	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1
Jump the Pass											✓				T	I		I				I	I		S				I	I					
Tip for Control											✓				T	I		I				I	I		S				I	I					
<b>Post Play</b>																																			
Basic Moves																																			
Five Post Moves			I							I	I						I	I						I	I						I	I			
Putback			I							I	I						I	I						I	I						I	I			
Reverse Jump-stop			I							I	I						I	I						I	I						I	I			
Sealing Inside			I							I	I						I	I						I	I						I	I			
Adv. Post Moves																																			
Ball Fakes											T							T							T							T			
Double Moves											T							T							T							T			
Elbow											T							T							T							T			
Mid Post											T							T							T							T			
Russian Spot											T							T							T							T			
Reacting to Defence																																			
Positioning											T							T							T							T			
Pressure Passing											T							T							T							T			
Seeing Cutters											T							T							T							T			
<b>Offensive Systems</b>																																			
Transition																																			
Finishing the Break			✓	✓				✓	T	T	T	T			T	T	T	T				C	T						C	T					
Running Lanes			✓	✓				✓	T	T	T	T			T	T	T	T				C	T						C	T					
Starting the Break			✓	✓				✓	T	T	T	T			T	T	T	T				C	T						C	T					
Head-man Ball			✓	✓				✓	T	T	T	T			T	T	T	T				C	T						C	T					
Secondary Break			✓	✓				✓	T	T	T	T			T	T	T	T				C	T						C	T					
Two Player Game																																			
Double-Post																																			
Both Blocks															✓	I						I	T	I					P	I	T				
Elbow/Block															✓	I						I	T	I					P	I	T				
Mid Post/Block															✓	I						I	T	I					P	I	T				
Russian/Block															✓	I						I	T	I					P	I	T				
Hi-Lo																																			
Ball Reversal																						✓	I						P	I	T				
Flash to Ball																						✓	I						P	I	T				
Pinning Defender																						✓	I						P	I	T				
Rebounding																						✓	I						P	I	T				
Square/Triangle																						✓	I						P	I	T				
Penetrate and Kick																																			
Spacing								✓	✓	T					T	T	I	I	I			C	I	T	I				C	I	T	I			
Jump-Stop Pass								✓	✓	T					T	T	I	I	I			C	I	T	I				C	I	T	I			
Spotting Up								✓	✓	T					T	T	I	I	I			C	I	T	I				C	I	T	I			
Finding Shooters								✓	✓	T					T	T	I	I	I			C	I	T	I				C	I	T	I			
Screen and Roll																																			
Ball Screen								✓	✓	T					T	T	I	I	I			C	I	T	I				C	I	T	I			

Instruction: **T** Team Work      **I** Individual Work      ✓ Point of Emphasis  
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                     ○ Pre-Testing                      ● Formal Testing

Month:	Week 1							Week 2							Week 3							Week 4							Week 5											
	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su	M	T	W	R	F	Sa	Su					
<b>October 2009</b>	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1					
High Rub								✓	✓	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Side								✓	✓	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Dribble Pick																																								
Off-Ball																																								
Back								T	T	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Cross								T	T	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Downscreen								T	T	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Flare								T	T	T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Flex										T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Shuffle										T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Upblock										T					T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Rolling																																								
Basket								T							T	T	I	I	I	I							C	I	T	I				C	I	T	I			
NBA								T							T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Pop								T							T	T	I	I	I	I							C	I	T	I				C	I	T	I			
Team Offence																																								
Core Principals				T	T			T	T	T	T				T	T	T	T	T								T	T	T	T	T			C	T	T	T	T		
Early Offence				T	T			T	T	T	T				T	T	T	T	T								T	T	T	T	T			C	T	T	T	T		
Man-to-Man																																								
1-4 Low																																								
Four to Score																																								
Motion																																								
Triangle								T	T		T	T			T		T	T									T	T						C	T	T				
Zero Post								T		T					T		T										T	T						C	T	T				
Zone Offence																																								
Continuity										✓	T				T		T										T	T						C	T		T			
Motion										✓	T				T		T										T	T						C	T		T			
Toronto										✓	T				T		T										T	T						C	T		T			
Out of Bounds																																								
Baseline										T							T												T							T				
End-Out										T							T												T							T				
Side-Out										T							T												T							T				
Special Situations																																								
End of Game																	T												T							T				
Low Shot Clock																	T												T							T				
Trick Plays																	T												T							T				
Junk Defences																	T												T							T				
Match-Up Defences																	T												T							T				
Press Attack																																								
Avoid Trouble										✓					T		T										T	T						C		T				
Ball Reversal										✓					T		T										T	T						C		T				
Find Open Player										✓					T		T										T	T						C		T				
Flash to the Ball										✓					T		T										T	T						C		T				
Set-Up Efficiently										✓					T		T										T	T						C		T				

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<b>Defensive Systems</b>																																					
Transition																																					
Getting Back				T	T			T	T	T	T				C	T	T	T	T				C								C						
Rebounding				T	T			T	T	T	T				C	T	T	T	T				C								C						
Setting Up Defence				T	T			T	T	T	T				C	T	T	T	T				C								C						
Stopping Ball				T	T			T	T	T	T				C	T	T	T	T				C								C						
Screen and Roll																																					
Double-team																																					
Hedge																																					
Posts Switch																																					
Push Screen High																																					
Run and Jump																																					
Team Defence																																					
Man-to-Man																																					
Deny Lanes				T	T			T	T	T	T				C	T	T	T	T				C	T	T	T	T			C							
Help Side				T	T			T	T	T	T				C	T	T	T	T				C	T	T	T	T			C							
Post Defence																																					
Rotation																																					
Zone Defence																																					
Zone Principles																																					
2-3																																					
1-3-1																																					
3-2																																					
Match-Up Zone																																					
Out of Bounds																																					
Baseline																																					
End-Out																																					
Side-Out																																					
Special Situations																																					
End of Game																																					
Fouling for Ball																																					
Low Shot Clock																																					
Junk Defences																																					
Box and One																																					
Triangle and Two																																					
Pressure Defence																																					
Trapping the Ball																																					
Corner																																					
Locking Legs																																					
Perimeter																																					
Post																																					
Run and Jump																																					
Half-court Trap																																					
Full-court Press																																					
Man-to-Man																																					

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1-2-2															T	T						T	T						T	T											
"Red"										T					T	T																									
Recovery															T	T						T	T						T	T											
<b>Mental Training</b>																																									
Basketball IQ																																									
Court Vision			T								T							T	T						T							T									
Judgment										T								T							T							T									
Reading the Play			T								T								T	T					T								T								
Force to Weakness								T	T						T	T													T	T											
Getting Open			T								T								T	T					T								T								
Rules																																									
Self-Evaluation			T	T				S	S	S	S	S	S		S	S	S	S	S	S		S	S	S	S	S	S		S	S	S	S	S	S							
Attentional Control																																									
Athlete's Vision			I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I							
Pre-Game Routine										T	I							T	I						T	I						T	I								
Visualization			I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I							
Emotional Control																																									
Breathing Exercises			I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I							
Ideal Performance State										T	I							T	I						T	I						T	I								
Positive Self Talk			I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I		I	I	I	I	I	I							
Leadership								T	T					T	I						T	I						T	I												
Preparation																																									
Pregame Meeting										T							T	T						T							T										
Scouting														T	T																										
Video Analysis																					T																				
Student-Athlete																																									
Community						T	T																																		
Critical Decisions										T																															
Healthy Relationships								T													I							I													
Organization					T																																				
Positive Coping Skills					T																																				
Problem-Solving										T							T																T								
Self-Confidence								I		I				I		I				I		I					I		I												
Study Hall					T			T	T	T				T	T	T				T	T	T					T	T	T												
<b>Team Building</b>																																									
Communication					T					T						T						T	T						T												
Verbal					T					T						T						T	T						T												
Non-Verbal					T					T						T						T	T						T												
Player Chemistry																											✓	✓													
Responsibility					✓			T	T	T				T	T	T	✓			T	T	T					T	T	T												
Socialization					✓																																				
Team Standards					✓																																				



# 5

## Other Articles

- **Effective Practice Planning**, page 1
- **Creating Significance Every Day**, page 5

# EFFECTIVE PRACTICE PLANNING

## INTRODUCTION

Although every coach holds their own philosophies and opinions, conducting efficient practices is essential, no matter what the sport. Coach Bourgase has devoted extensive time, effort, and research to make his practices fun, focused, and fundamentally sound.

The key to effective year-round planning is effective planning of the small details, beginning with daily practices and workouts.

## PRACTICE PLAN BREAKDOWN

Push Each Other to Get Better • Pull Together

### JUNIOR BOYS BASKETBALL PRACTICE PLAN

DATE: **FRIDAY MARCH 27<sup>TH</sup> 2009** TIME: **4:05-5:45 PM** GYM: **Upper** PH: **Off-Season** @

WEEKLY GOAL: <b>IMPROVE TEAM COMMUNICATION</b>		FT%: <b>56.4</b>	AL: <b>70.0</b>
DEFENSIVE EMPHASIS: <b>THOUGHT</b>		BEST: <b>Bobby</b>	79.8
• <b>TALK</b>	<b>3</b> "Here's to plain speaking and clear understanding" - Keeper Outman	PERSONNEL	
• <b>CATCH READY TO SHOOT</b>		WHITE Jr. Littles Sr. Bigs	BLUE Sr. Littles Jr. Bigs
• <b>SAFETY</b>			
• <b>GYM MATS ALONG WALLS</b>	<b>5</b> EQUIP	• BASKETBALLS:	
• <b>RACE ALL BALLS WHEN NOT IN USE</b>		• SHIPPING ROPES:	

TIME	SKILL	DRILL	WP	PF	MIN
GYM OPENS 3:55	OPTIONAL INDIVIDUAL / PAIRS WORK	3:55-4:10	CALL TO ORDER	4:10-4:12	
4:10-4:12	Team Warm-up (Footwork, Shipping, Speed, Ballhandling, 1 on 1)	Closeout the Key Chaotic Speed FC Drive and Kick Influence Drill	<b>6</b>	1:1	AE 5 AL 5 AG 5 AP 5
4:32-4:40	Team Offense • Ballhandler: set your man up for the screen • Screener: Roll and give a target • Elbow to elbow	Side Screen and Roll • 2 on 2	<b>7</b>	1:1	AA 8 AE 8 BA 8 AP 8
4:40-4:50	Individual Offense • Shooting: Out hard, get low, C&S • Ballhandling: Pound the ball off the court	Station Work Shooting 3 Spots 2/2/2	<b>9</b>	1:1	AA 8 AE 8 BA 2 AP 2
4:50-4:53	Foul Shooting	Pressure FT • Make: Def DB, Miss: Def 30		1:1	3
4:53-5:03	Individual Offense	Station Work: Rotate		1:1	10
5:03-5:15	Game Situations • Communicate • Read the defense: P&K / S&R	Competition: 3 on 3 Half • to 3:00 minutes • everything is worth 1 • Win: Each shoot 1 FT • Lose: 10 push-ups	<b>10</b>	1:2	AG 12
5:15-5:20	Team Shooting • Get ready to shoot before catching the ball	Competition: 3 pt shooting • Bigs vs. Littles • First to 25 threes • Win: WH CBDB • Lose: WH 50	<b>11</b>	1:2	AG 5 AL 5 AP 5 AT 5
GAME SITUATIONS 20-5:40	RULES	BLUE	WHITE		
FOUL SHOOTING Sets of 2	• Comp: to 3 pts, 2s=2, 3s=3	Fouls	Fouls		
DISMISSAL	• Win: Walk to other end	T-Os	T-Os		
OPTIONAL INDIVIDUAL WORK 5:35-5:45	• Lose: Run DBD	Time	8:00		
NEXT RUN Friday, April 3, 2009		TIME	4:05-5:45	GYM	Upper
NOTES: Enjoy the March Break.		PRACTICE PLAYER	03/26/09		

Author

### 1. Team Slogans

Placing the themes for the season in the header is a daily reminder of long-term goals.

### 2. Free Throws (I)

Foul shooting is a pivotal skill solely determined by individual practice and mental preparation. This box reminds the team of their progress towards the FT% goal and acknowledges the team leader, who will shoot technical free throws in games.

### 3. Points of Emphasis

Coaching entails micro and macro planning; the weekly goal and daily emphases ensure that each practice follows the master season plan. Players are responsible to know this information. A quote can lighten the mood or make a point.

### 4. Personnel Notes

Dividing the players into squads and leaving space for any personnel changes (injuries, absences, etc.) embodies detailed planning.

### 5. Safety First

Reminders raise awareness, prevent accidents, and legally protect the coaching staff.

### 6. Points of Emphasis

A daily routine of skill work:

- Players loosen up with individual or pairs work or shooting drills.
- The first drill emphasizes footwork, a basketball fundamental.
- Skipping improves vertical leaping and footwork.
- A few strides (three reps max) of full-speed running (or sport-specific movements) keep the brain and muscles working together. Practicing speed at the beginning of practice allows for maximum intensity.
- Full-court ballhandling and 1 on 1 drills are season-long foci practised daily
- Whether stretching before practice reduces injuries is open to debate but it can provide time for relaxation, team socialization, and leadership development

### 7. Planning by the Minute

An effective practice can be conducted in ninety minutes if proper planning is employed. Although the scoreclock is used for accurate timing, there are occasionally deviations from the schedule. Drills marked with an **X** (⊗) can be shortened or removed if required and those denoted a **circle** (○) can be lengthened, time permitting.

## 8. Clear Explanations

One or two points of emphasis are listed, for the benefit of the coach and players. The **arrow (→)** indicates a critical teaching point and the **checkmark (✓)** means that the coach should conduct a check for understanding at that time.

## 9. Station Work

When the team is divided into smaller squads for skill development, each player receives more repetitions. Different combinations of players can socialize and relationships between coaches and players are built. Due to the personal nature of the drills, coaches can monitor execution more carefully and correct errors discreetly.

## 10. The Science of Training

To properly develop performance factors (energy systems, strength, balance, speed, etc.) they are listed on the practice plan, along with the *work:pause* ratio. The more players know about the science of exercise and themselves, the more effective practices and workouts will be.

Players are instructed about the benefits of active recovery, which is **highlighted in blue** on the plan. Players should never be sitting or standing still during practice; there is always something to work on.

## 11. Competitions

The results of all competitions are recorded – by individual and combinations of players (2, 3, 4, and 5). Competitions are **highlighted in red** and always include rewards for winning and consequences for losing. Competitive spirit and practice intensity is heightened with a variety of competitions (team or individual, skill-based or game situations).

## 12. Game Situations

Timed game situations conclude each practice and teach players to handle pressure and time and score awareness. Freedom is also given for players to assume leadership roles on their teams and learn about the game by devising their own strategies.

## 13. Free Throws (II)

At UCLA, John Wooden would not excuse a player from practice until they had made both ends of a one and one. I find that a variety of free throw drills reinforces the importance of this skill, allots time for active recovery, and provides the coaching staff with more data for foul shooting statistics.

14. Optional Skill Work/Cool Down

Closing the practice with optional shooting and ballhandling work accommodates those who may have the catch a train to commute home and rewards those who want to develop their game further or cool down with stretching. Players are mature enough to make that choice.

There is another optional period at the beginning of the practice. Why not make it mandatory? Like coaches, players are busy and may need that time for other interests (which coaches should encourage). If everyone knows that the call to order is at 4:05, with no exceptions, punctuality will improve and latecomers will not delay the practice.

15. Next Play

The footer contains information about the next team activity along with any addition notes and honours the hardest worker from the previous practice, similar to the daily award for “Most Combative Rider” at the Tour de France.

## ***CREATING SIGNIFICANCE EVERY DAY***

Teacher-coaches work constantly to keep student-athletes engaged during the entire season and school year. The lives of teenagers are very complicated and sometimes basketball and studying pale in comparison to other obligations. When attendance falters, intensity suffers, or mental training wanes, coaches should not hesitate to affect a change.

In order to maximize **Intensity** and **Quality** in their daily work, players should be consistently motivated. The extrinsic motivation of a coach's words only burns so long but a player's intrinsic motivation can be an eternal flame. When the flame flickers, coaches can use these strategies to keep the fire going.



### MEET PLAYERS' NEEDS

Players may play ball for exercise, fun, competition, prestige, socialization, parental or peer pressure, or because the gym is a safer place than home. Whatever the reason, a coach should be aware of what the team must provide for each player. If the team meets a positive need (i.e. competition), players will keep coming to practice. If the coach addresses a negative reason (i.e. parental pressure) and replaces it with a positive one, practice effort will skyrocket.

### MAKE PRACTICES MATTER

Practice ethic should determine playing time. Every game is different and that playing time may vary but hard work should always be rewarded. Players need to know that practice counts. Coaches must publicly acknowledge positive contributions, in practice and afterwards to parents and teachers. A Player Reward Board is a public way of tracking the "little things" throughout the season. Competitions with consequences raise the energy level in the gym and develop team fitness.

### USE RELEVANT STATISTICS

Players won't care about in-depth statistics if they aren't made public. I've always tracked every free throw shot in practice and publicly announced that the best shooter will handle the Ts during games. I believe in making every drill competitive and tracking a player's record in each contest because it shows toughness and focus in pressure situations. Obviously, you want to know who is the best shooter so coaching decisions are made by fact, not a bias like personal feelings or first impressions. After all, the managers need to feel needed too.

## PRACTICE LIKE PROFESSIONALS

When young people dress like adults, their self-esteem and productivity grows by leaps and bounds. Run the scoreboard (or at least purchase a table-top clock) to keep score of drills. Use reversible pinnies (or have each player bring light and dark shirts). Enforce uniform, food, and spectator policies in the gym. An untidy gym, dirty floor, or frayed equipment detracts from practice. Plan practices in detail and name each drill to reduce explanation and delay between activities. Watching the students in Monarch Park's Cooking specialist program enjoy catering a simple breakfast recently illustrated the importance of looking good in order to play well.

## KEEP AN OPEN MIND

Teenagers face a roller coaster of emotions and coaches need to understand their perspective. A coach should not lower team standards but still see the player's perspective. Players may miss practice because of:

- academics
- socialization
- work
- club competition
- a relationship
- school discipline
- the criminal justice system
- drug or alcohol abuse
- fear for personal safety
- family issues
- lack of housing
- another extracurricular activity
- fear for personal safety
- a combination of the above or a problem outside this list.

In the grand scheme of things, some of these items have a much higher relative importance than sport.

Coaches may observe some clues or obtain information by speaking to teachers and administrators but some issues may be very complex to identify. During good times, coaches should express a personal interest in each player to show that they care and keep tabs on them. If a coach is tolerant, players are more likely to approach them in times of trouble. Coaches should also stay in touch with parents, siblings, and guardians. Often, an alumnus of the team can be an excellent role model or confidant.

Coaches should not make exceptions to team policies. If a player is facing a drastic situation, they should step away from team commitments until the problem is resolved.

Coaches should continue to support them during this time but make them earn their role back when they return.

#### TEACH PLANNING SKILLS

A player may fall behind on schoolwork or mismanage work obligations due to poor organization. Team study halls or personal tutoring can help players plan their day. Coaches may be called upon to provide other support so that team members can attain their Ideal Performance State for practices and workouts. Players must understand the importance of good nutrition and getting enough sleep during the season. This may be tough for at-risk youth but coaches can suggest low-cost alternatives to eat well at school or seek funding from supporters.

#### PEAK MULTIPLE TIMES

Practices are only meaningful if they are correlated to a meaningful event. The team schedule should build towards a few key points (such as rivalry games, a big tournament, or the playoffs) that are spread throughout the season. In October, the playoffs seem far away so the team should focus on an intermediate goal. The short-term success can also boost the confidence of a team and increase the fun of the season.

#### MAKE IT FUN

If practices are fun, coaches and players feel better about themselves. Use a variety of drills, make players push themselves and each other, and use part-method game situations to instruct skills. Keep everyone moving in order to take advantage of endorphins. Ensure the gym is properly ventilated. Recover properly after each drill to prevent soreness and injuries. Challenge yourself as a coach and set personal goals to stay focused and attentive.

#### PUNISH SPARINGLY

Extrinsic consequences such as suspensions from practices or games, attendance contracts, or verbal tirades are not as affective as developing a relationship with a player and convincing them to your point of view. Don't be afraid to punish but use positive encouragement whenever possible because it will boost intrinsic motivation. Coaches must always punish consistently and explain their reasons for doing so.

#### DON'T HESITATE TO RESOLVE CONFLICT

Address conflicts between players immediately. Use a private forum where both team members can state their case and settle their issue respectfully. A coach's priority is to save players from embarrassment, stop the incident from poisoning the team, and maintain a positive team atmosphere.



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*"To be prepared is half  
the victory."*

- Miguel de Cervantes