

## Are you getting the most out of your basketball practices?

### Go Hard, or Go Home!

Youth basketball coaches should have a practice plan ready for every day they practice, but even a well thought out practice will not guarantee success. I always have my basketball practice all planned out, and I really want to stick to the plan (complete everything on the list). But sometimes certain things take longer than others, and some drills or plays may take more time for the players to learn, etc. So there will be things on a practice plan / practice list that you won't be able to get to. Is this good or bad? The answer to this question is "It depends." Did every player work extremely hard during the practice, or did only a handful of players give the effort?

Go Hard or Go Home! What do I mean by this? If your team is practicing ball handling drills – then every player should be giving 110% - their arms should be tired, and they should be sweating. Players must give everything they have to every drill, play, exercise, etc. If not, why bother? The players are there to learn, to improve, to increase their basketball skills – and not to socialize. It's every youth basketball coach's job to ensure that each practice is about going hard (each and every minute). Players should never be allowed to go below full speed during any drills, conditioning, plays, or any running.

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