

TENNESSEE LADY VOLLS PRACTICE ORGANIZATION

Meet with staff daily and assign responsibilities.

Organize every minute of practice.

Water breaks like game timeouts. Drinks behind goals.

Determine time allotment for each drill/situation.

Have managers and duties assigned:

1. Video
2. Stats
3. Equipment
4. Tape Court

Use "two points" and "rebound" for communication.

Offensive and Defensive captains.

Thoughts on Practice:

Love Practice, Love to Teach.

Whole - Part - Whole Method.

Practice Plan - Prepare and Keep.

Offense or Defense first? Whichever you want to emphasize.

Not What We Teach, but What We Emphasize.

PREFER not to be predictable.

Drills should be breakdown of your offense and defense.

Name drills. Explain purpose.

Make Drills Competitive.

What Coach "Rewards" is key.

Shoot free throws when you are tired.

Record all shots.

Record Post feeds.

Record contested and uncontested shots.

Record box outs.

Practice at game tempo.

Practice game situations.

Use officials, clocks, scorers when possible. Keep stats.

Have all players play all positions.

Tape all practices and review.

Checklist for practice preparation:

- | | |
|--|--|
| <input type="checkbox"/> Stretching & Warm-Ups | <input type="checkbox"/> Team Defense |
| <input type="checkbox"/> Position Work | <input type="checkbox"/> Transition Defense |
| <input type="checkbox"/> Transition: Primary & Secondary | <input type="checkbox"/> Pressing Defense |
| <input type="checkbox"/> Team Offense | <input type="checkbox"/> Defensive Breakdown Drills |
| <input type="checkbox"/> Press Offense | <input type="checkbox"/> Out-of-bounds plays-sideline & end line |
| <input type="checkbox"/> Offensive breakdown drills | <input type="checkbox"/> Special Situations |
| <input type="checkbox"/> Shooting: Transition, Man Offense, Zone | <input type="checkbox"/> Scrimmage |
| <input type="checkbox"/> Free Throws | <input type="checkbox"/> Conditioning |

TENNESSEE LADY VOL PHILOSOPHY

WINNING KEYS

PRESSURE DEFENSE

CONTROL BOARDS

TAKE CARE OF BALL

TAKE GOOD SHOTS

MAKE LAY-UPS AND FREE THROWS

TEAM MOTTO

PLAY HARD

PLAY SMART

PLAY TOGETHER

PLAY WITH CONFIDENCE

PLAY WITH AN "ATTITUDE"

TEAM SLOGAN

OFFENSE SELLS TICKETS

DEFENSE WINS GAMES

REBOUNDS WIN CHAMPIONSHIPS

TENNESSEE LADY VOLLS

OFFENSIVE PHILOSOPHY

1. TAKE CARE OF THE BALL

- a. Take pride in every possession
- b. Read the Defense
- c. Pass to the first open player
- d. Throw a strike every time
- e. Pass to the open player

2. PLAY TOGETHER

- a. Side / Top / Side Mentality
- b. Get the ball inside to the post
- c. Set and use screens – screen assist

3. PLAY WITH AN ATTACK MENTALITY

- a. All five players attack in transition
- b. Score layups in transition
- c. Get to the freethrow line
- d. Own the offensive glass

4. TAKE GOOD SHOTS

- a. Work together for open shots
- b. Make layups and free throws
- c. Make second chance opportunities

5. TEAM OFFENSIVE GOALS

- a. 25 Freethrow Attempts
- b. 75% Freethrow Percentage
- c. 50% Field Goal Percentage
- d. 15 Turnovers
- e. 38% Team 3 Point Field Goal Percentage
- f. 15 Outscore our opponent's bench

2004 – 2005 TENNESSEE LADY VOLLS GAME GOALS

TEAM DEFENSIVE GOALS

- No Transition Layups
- 30 Deflections
- 12 Steals
- 20 Forced Turnovers
- 15 Opponent Free Throw Attempts

TEAM OFFENSIVE GOALS

- 25 Free Throw Attempts
- 75% Free Throw Percentage
- 50% Field Goal Percentage
- 15 Turnovers
- 38% Team 3 Point Field Goal Percentage
- 18 Outscore your opponent's bench

REBOUNDING GOALS

- 10 Out Rebounding Opponents

BONUS POINTS

- Charges Taken
- "And One" Plays
- Hustle Plays
- Layups in Transition
- Screen Assist
- Offensive Putbacks

MINUS POINTS

- Late Transition Pickup
- No Ball Pressure
- No Help Defense
- No Box Out
- No Contest Shots
- Offensive Putbacks

TENNESSEE LADY VOLS

DEFENSIVE PHILOSOPHY

1. BE THE BEST DEFENSIVE AND REBOUNDING TEAM IN THE COUNTRY

2. ESTABLISH TENNESSEE TEAM DEFENSE

a. Take pride in every possession

b. Trust

1) Teammates and self

2) System

c. Aggressive Attitude

1) Defensive Conscience

2) Defensive Culture

d. Physical Play

e. Dictate Opponents' Play

1) Pressure Ball

2) Pressure Pass

3) Pressure Shot

3. REBOUNDING

a. Finish the Play