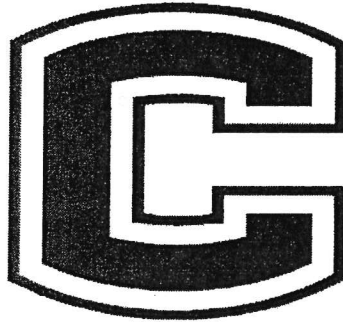


**Jim Obermayer
Columbia High School
East Greenbush, NY 12061**



obermayerja@egcsd.org

~~jimobermayer23@gmail.com~~

jimobermayer23@gmail.com

PHASE III

Provide for Sunday presentation:

- Practice Plan
- Monthly Calendar
- Yearly Calendar
- Scouting Report

C Columbia Basketball **C**

PHASE III

Coach for Life-

- **He/she is/was my.....coach**
- **Mike Lilac at Hall of Fame dinner**
- **AG at Hannaford**

Practice:

What makes it a good practice? Ask this question-

What would _____ think of this practice?

Columbia Basketball

Blue Devils

PRACTICE

- Players must attend practice to participate in games
- Holtzie time: be ready to start 10 minutes before scheduled practice
- Players must get dressed in locker room
- Players must wear issued practice gear-tuck in shirts

"chances are given out for 2 hours each practice"

**Keep players moving !
Keep players talking !
Keep players competing !**

**You hear...you forget
You see...you remember
You do... you understand**

6 Keys to a Good Practice

Jim Obermayer
Columbia High School

1. Be Organized/Have a Plan

- Practice plan must be written down
- Cannot just "wing it."

Follow a format from day to day, so athletes know what to expect, but use a variety of drills from day to day so practice does not get predictable or boring.

2. Name your Drills

Do not waste time setting up drills with long explanations, once players know the drill they should be able to set up based on the name of the drill. Give them a descriptive name for example-

- Doc Sauers one on one, Shell drill, Carolina Shooting, Holtzie full court passing. Shell Defense Drill, Rutgers Passing Drill.

3. Stations or Breakdowns

Utilize your space by setting up stations or doing position breakdowns. Gives you chance to teach in smaller groups and gives athletes more repetitions to work on skills. If you have an assistant coach stations or breakdowns gives assistants more chances to teach and build relationships with athletes. Stations and breakdowns avoid long lines in practice, which loses athletes attention and makes practice boring. You want to have energy at practice.

Examples:

- General) conditioning circuit at beginning of practice-groups of 2 or 3 doing 30 second stations.
- Baseball/Softball-soft-toss, hitting off the T, Hitting off the machine, throwing station,
- Soccer-ability drills with the ball, throw ins, corner kicks, 2 on 1
- Basketball- Post & perimeter player breakdowns,

4. Time your Drills

Each drill is on the clock.

- Utilize scoreboards in practice
- Use a stop watch
- Make sure athletes know that drills are timed, so they know that you have a number of items to cover in practice.

*Be willing to move on when time is up for a drill. Do not spend the entire practice on one drill, because players are not executing.

5. Make Drills Competitive

Have a "winner and loser" in drills when possible. This teaches athletes to compete in practice. Do not just go through the motions of a drill, make it competitive. Can be as simple as first team to 5 in a shooting drill or which group has fewer dropped throws. Be creative and make sure the athletes know the rules of the mini-game. Losing team has a consequence, i.e. Push-ups, down and back dribbling the ball, defensive slides etc. Winning team claps in a positive way for their teammates.

6. Do Conditioning with a Purpose

Although at times, especially in the pre-season, teams may need more conditioning try to be creative and not just run sprints. Incorporate a skill while doing conditioning at the same time. If your sport has a ball, use it when doing conditioning.

Examples:

- Full Court (field) dribbling, passing drills in basketball or soccer.
- Base running techniques in baseball and softball
- Kickoff coverage in Football

Columbia Basketball

FIST

Communication

Trust

Collective
Responsibility

Pride

Caring

Announcements:

Black

White

Practice Plan

Date:

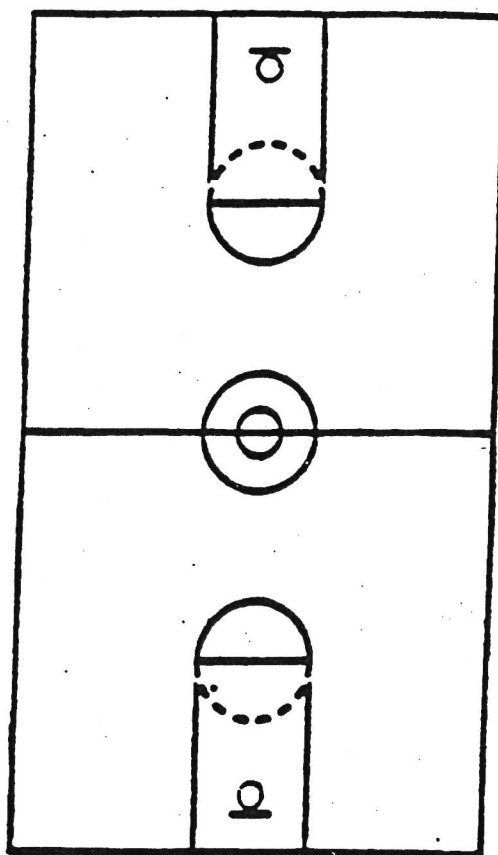
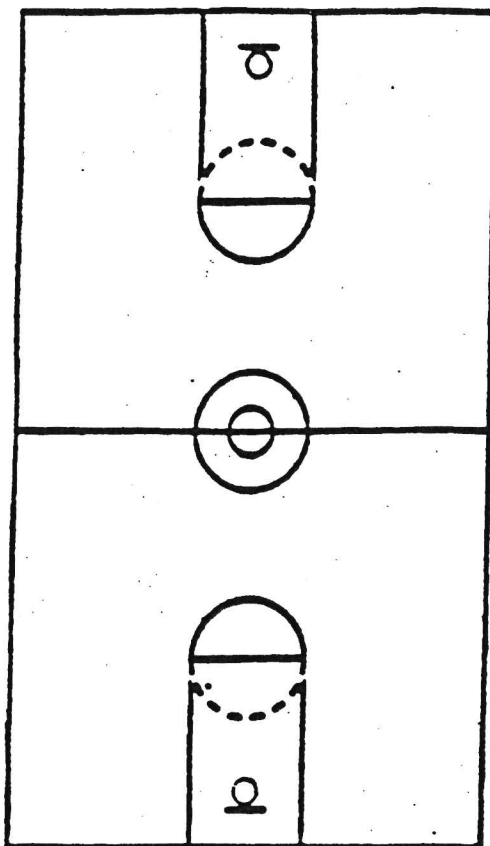
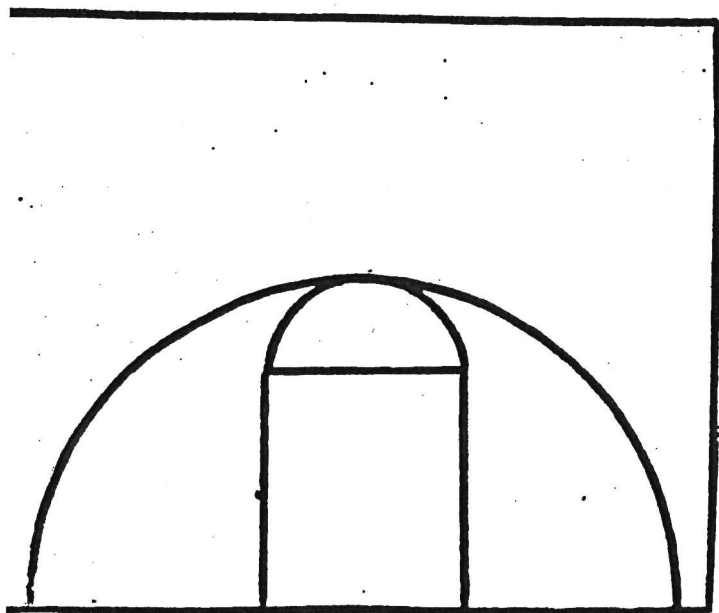
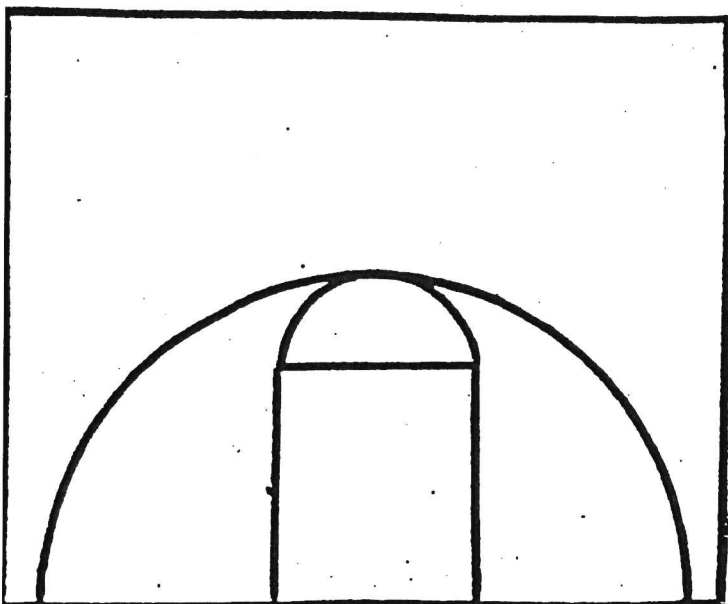
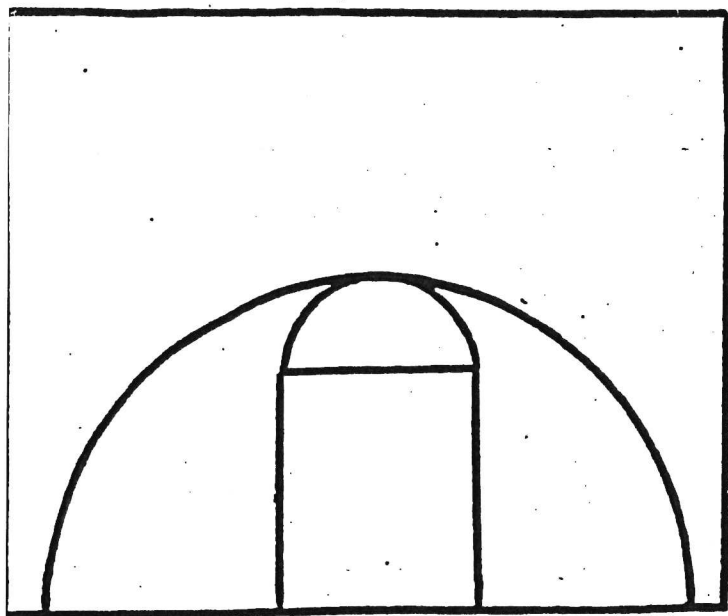
Site:

Next Opp.:

Time

Drill

Teaching points



Columbia Basketball

FIST

Communication

Trust

Collective
Responsibility

Pride

Caring

Announcements:

COFF THURS
4:30-6

Black	White
NAILS	BRANDON
LOTT	HART
JOHN P.	BLIGGS
LOTT	MILLER
LUTHER	NOAH
QUASIM	
DARIUS	

Practice Plan
Date: 12/5 Site: 6-8 PM Next Opp.: COLONIE

Time	Drill	Teaching points
	WARM UP-	ANNOUNCEMENTS - PG CLASS - 9:15 - SHIRT N TIE
	FULL COURT SKILLS MOTION S/O	- SPRINT THE FLOOR
	SETS S/O	
	O/A PLAYS S/O	
	DEFENSE:	1 ON 1 - DAGS
	- 2IG/2AG	LOTT HART LUTHER
	- DAGS TOW	NAILS QUASIM NOAH
	STOP N SCORE:	JOHN P. BRANDON MILLER & (DARIUS/BLIGGS)
	50	- SMART POSSESSION
	20	
	- TAP DRILL INTO PARTNER SHOOTING	
	- ATTACKING 30 DEFENSE	- CHALK/TACK IT
	B-2 C1-4	USG
	LA	TIME SET
	S/O'S - VAPD	BOARD
	- SITUATIONS -	
	- SIDE OUT	
	- END OF SHOT CLOCK	
	BALL SCREEN	
	A SET -	
	- FREE THROWS - 50	

C Columbia Basketball C

Practice Schedule

November 8, 2011

CHS 6-8pm

TRYOUTS

6:00-6:10	Attendance, announcements: Weds 3-6pm 4 months, 6 days wk 2hrs per day, grades, film, Comm. Service
6:10-6:15	Warm ups-Tyler
6:15-6:35	Transition Drills Full court layups 2 on 0 Holtzie Drill 3 man weave 5 man weave to 3 on 2
6:35-6:45	Conditioning:
6:45-6:50	Water
6:50-7:00	Boothy Closet 1 on 1 drill
7:00-7:15	Carolina Shooting Drill Layer 3 Pass n Cut
7:15-7:25	3 on 3 Shell work-Jump to the ball, get to rim, Hands hand
7:25-7:35	Shooting drills
7:35-7:55	Scrimmage Time
7:55-8:00	Conditioning-Annoucements

C Columbia Basketball C

Player Evaluation

Player: _____ Gr. _____ HT. _____

Team 2010-11 _____

Category	Rating scale				
Basketball IQ	1	2	3	4	5
Ability to Defend	1	2	3	4	5
Ability to Score	1	2	3	4	5
Intensity/Practice effort	1	2	3	4	5

1-poor 2- below average 3-average 4- above average 5- superior

Coach's comments:

Strengths: _____

Weaknesses: _____

See Coach Obermayer (S306) to sign up for individual meeting to discuss off-season goals & evaluation

C Columbia Basketball C

Rubric for team selection

Player: _____ Grade: _____

Skill Level	1	2	3	4	5	Comments
Ability						
Skills						
Sports Knowledge						
Character						
Team Relations						
Preparation						
Motivation						
Attitude						
Competitiveness						
Self-Improvement						
Academics						

BOE approved 6/06

Tryout Testing

T-Test		
Vertical Jump		
Bench Press		
15 Foot Jump shots		
Full Court Layup drill		

Player Interview

1. What did you do from last February to this Fall? (AAU team, camps, summer league, workout program)
2. If you made the team, what do you think your role would be?
3. What team Freshmen, JV or Varsity do you see yourself playing on this year?



Varsity Basketball January 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFF	2 6-8 pm	3 SHEN Home	4 8-10 am
5	6 4-6 pm	7 @ Shaker	8 2:30-4pm	9 4-6 pm	10 Bethlehem Home	11 8-10 am
12	13 6-8 pm	14 @ Averill Park	15 6-8 pm	16 6-8 pm	17 @ Ballston Spa	18 8-10 am
19	20 MLK Day 21 8-10 am	Nisky Home	22 4-6 pm	23 4-6 pm	24 @ Colonie	25 TBA
26	27 6-7:30 pm Goff MS	28 6-7:30 pm Goff MS	29 6-7:30 pm Goff MS	30 6-7:30 pm Goff MS	31 Guilderland Home	FEB. 1 8-10 am

C Columbia Basketball C

Off Season

March-

- Collect all uniforms- get all bins in Central Receiving
- Banquet-March 19th Order awards
- Submit Building use forms for Spring Workouts/Summer Camp
- Staff Meeting at Troy Recovery-March 7th
- Get Players to Goff for Weight Training
- Secure Non-League opponents for next year

April-

- Monday/ Wednesday Open Gyms-Shoot A- Way
- Start Player meetings
- School Budget items
- JV uniforms for next year
- Inventory check
- Colonie Spring AAU tourney?

May-

- Get Camp email out to Youth League
- Monday/ Wednesday Open Gyms-Shoot A- Way
- Player updates
- See some AAU games
- DAGS on Wednesday nights

June-

- Camp reminders EGBA
- Get out Summer League Schedules
- Staff Meeting
- Order Camp Shirts
- Colonie Team Camp

July-

- Schedule workouts
- Summer League Var/JV/Frosh
- Summer Basketball Camps-Boys July 8-12 & Girls July 15-19
- Mail/Email Golf Outing information to group/St. Judes

August-

- Golf outing-prizes, reminders etc
- Review some game tape
- New ideas
- Staff Meeting
- Secure Gym time for September

September-

- Golf Outing September 21st
- Open Gym time?

October-

- Staff Meeting
- Practice Schedule for Mike Leonard
- Meet with Girls program
- Fall Clinic of youth Coaches

C Columbia Basketball **C**

Fall Pre-Season Open Gym Workouts

**Boy's times – Week nights 5:30-7:00 pm
Saturdays 8:00am- 9:30am**

**Girl's Times- Week nights 7:00 pm-8:30 pm
Saturdays 9:30am-11:00 am**

Thursday September 18

Tuesday September 23

Saturday September 27

Wednesday October 1

Wednesday October 8

Saturday October 11

Tuesday October 14

Wednesday October 22

Saturday October 25

Wednesday October 29

Saturday November 1

Wednesday November 5

C Columbia Basketball **C**

PHASE III

Scouting Report:

Opponent:

Offense:

Defense:

Special situations:

Keys for Success:

C Columbia Basketball **C**

PHASE III

Sample

Scouting Report: Modified Softball

Opponent: Central Junction

Offense: Leadoff hitter- bats left-looks to bunt-good speed
Batters 2-5 aggressive

Defense: solid infield, outfield arms weak
Pitcher can be wild. Be patient.

Special situations: they like to Run.

Keys for Success:

Only swing at good pitches.

Be ready for bunts

No extra outs.

C Columbia Basketball C

Sectional Scouting Info

	<u>Columbia</u>	<u>LaSalle</u>
Record	11-7	12-6
Points	1111	1097
Made Threes	103	102
FT %	68%	70%
Top three scorers	Nails 16.8 ppg Zampier 16.5 ppg Lott 9.0 ppg	Erickson 21.3 ppg Burns 17.7ppg Razzano 8.2 ppg

Erickson and Burns account for 65% of their total offense.

5- Erickson- (5' 9") 21.3 ppg 72% FT, 39 made threes. Point guard. Will take a majority of their shots. Shot first point guard. Deep range from three.

32- Burns- (6'6") 17.7 ppg, 77% FT, 90 two point field goals and 10 made threes. Brings ball Down in the post, Does not get as many touches as he should. At times becomes stationary.

11- Razzano- (6'1") 8.2 ppg, 23 twos, and 23 made threes. Scored in double figures 5 times throughout the season. Spot up shooter. Have to make him put the ball on the floor. Lives off Erickson penetration.

2- Smith (5'10") 6.7 ppg football player, probably best athlete. 29 made twos, 11 threes.

30- Desharnais (5'11") 4.4 ppg. 1 made two point field goal and 16 threes. Spot up shooter Another wing player that lives off penetration from Erickson.

50- Lansing (6'6") 2.4ppg wide body space eater. When they play their big line up will be in with Burns. Rebounds well, does not look to score, gets very little touches.

They do not get very much production from the bench.

Defenses: mostly 2-3 zone, will go 2-2-1 at times on makes, man.

Zone Offense looks to attack gaps and kick to spot up shooters, good at utilizing the skip pass to reverse the floor.

Keys: Offense-take care of the ball- get Nails/Conrad good looks

Defense- get back in transition, rebound-keep them to 1 shot

Bethlehem (3-4, league, 3-8 overall)

Last three games, beat Mohon by 21, lost to Shen by 12, lost to Guild by 20

Strengths:

Size

Three point shooting

Proven scorer- Stempsey 18.3 ppg

Weaknesses:

Backcourt depth

Speed

Weak bench

Starters:

G-F 24- Kevin Stempsey (6'1") 18.3 ppg, 25 three point field goals, right handed goes to his right, gets his shots, will take a lot of threes. Has scored over 30 points in 3 different games. Plays on the wing, but also will bring the ball up, especially against pressure. One of the top offensive players in the Suburban Council.

G- Greg Orner (5'11") 9.0 ppg, Plays more of a small forward/wing spot.

C-52 Bill Yates (6'4") 6.3 ppg, Plays in the post, rebounds well plays solid defense

F- 12 John O'Brien-Carrelli (6'3") Has made 9 three pointers, while only making 15 two point field goals. Will take the three, slow but handles the ball well, will bring it up vs. other inside players.

G-33 Gleason Judd (5'7") 5.2 ppg Has made 13 three point field goals and has only made 6 two point field goals. Right handed, better ball handler than Kane.

G-32 Joe Kane (6'0") 4.5 ppg Has made 9 threes and only 5 two point field goals. Weak ballhandler.

Keys:

Cannot let Stempsey have a 25-30 point night

Pressure their guards

Find three point shooters

Score in transition, make them play faster than they want.

C Columbia Basketball **C**

Program Standards

- 1. BE ON TIME-**
 - Holtzie time
- 2. EYE CONTACT-**
 - look teammates and coaches in the eye.
- 3. Do not talk to Officials-**
 - let the coaches handle officials
- 4. NO PROFANITY**
- 5. COMMUNICATIION-**
 - we talk on Defense, players on the bench encourage teammates on the floor
- 6. UNIFORMS/PRACTICE**
 - gear tucked in-look sharp
- 7. NO EXCUSES-**
 - get the job done & take responsibility
 - Win as a team and lose as a team
- 8. UNSELFISHNESS & INTELLIGENCE-**
 - share the ball-make the extra pass
 - take good shots
 - understand scouting report
- 9. DEFENSE & REBOUND & SPRINT THE FLOOR**
 - Starts here with EFFORT & ENERGY
- 10. GIVE YOUR BEST**
 - On and off the floor-

C Columbia Basketball C

Program Goals:

1. To instill the principles of good sportsmanship, teamwork, and hard work, and have the players incorporate them on and off the court.
2. To compete for a Suburban Council South Division Championship.
3. To be the most competitive team, based on our ability, at the Varsity level, and develop as many players as we can on the Modified, Freshmen, and Junior Varsity levels.
4. To improve as a team, so we are playing up to the best of our ability going into the Section II post-season tournament



**COLUMBIA HIGH SCHOOL
BASKETBALL**

**PLAYER - SELF EVALUATION
SPRING 2009**

NAME: _____ **GRADE** _____ **AGE** _____ **DOB** ____/____/____

Home address: _____

Phone: _____ **EMAIL:** _____

HEIGHT _____ **WEIGHT** _____ **POSITION(S)** _____

CURRENT STRENGTHS:

SKILLS/ABILITIES I HOPE TO IMPROVE:

ARE YOU CURRENTLY IN A STRENGTH/CONDITIONING PROGRAM?

Yes/No If yes please explain

ARE YOU PLANNING TO ATTEND ANY BASKETBALL CAMPS THIS SUMMER?

Yes/No – If yes which ones

DO YOU PLAY ANY OTHER SPORTS?

Yes/No - If yes what sports _____

MY BASKETBALL GOALS ARE:

Short Term:

Long Term:

Columbia Basketball

THE 10 QUALITIES OF A GREAT BASKETBALL PLAYER

1. Has a burning desire to WIN !
2. Has regular study habits, and works hard in the classroom.
3. Works on their weaknesses before and after practice.
4. Hustles all of the time.
5. Is a team player and glorifies in a team victory.
6. Does not make excuses.
7. Always listens to their coaches.
8. Follows all team rules and never abuses their body.
9. Never overlooks or disrespects his opponents.
10. Loves to play defense, rebound and hit the open man.



Columbia Basketball



Player & Parent Handbook:

Dear Columbia Basketball families,

The purpose of this packet is to provide general information pertaining to the boys' basketball program, and outline the program's philosophy and goals.

As I enter my 28th year as a member of the Columbia Basketball program as either a player or coach, I am excited about upcoming season and look forward to be working with your son.

If you need to contact me, please call at school (577-4137) or email me at obermayerja@egcsd.org.

Included in this handbook:

- Athletic Code of Conduct
- Columbia Basketball Guidelines
- Program Philosophy
- Program Goals
- Player/Parent & Staff Communication
- Game Schedules
- Practice Schedules
- Fundraising events

Columbia Basketball

Blue Devils

Guidelines:

We are not only representing our families and ourselves, we are also representing our school and community. Be respectful to your coaches, teammates, fans and especially the officials and your opponents.

The following guidelines will be strictly enforced by the coaching staff and will be expected of you:

1. Adhere to the Columbia High School Athletic Code of Conduct-Breaking the code will result in being benched, and or suspended for part or an entire game(s).

2. BE ON TIME-

LATE FOR PRACTICE/BUS/GAMES

Practice will start at schedule times. You must show up 10 minutes early to make sure your ready to start on time. Varsity players need to be in the gym for the start of home JV games.

IF YOU ARE LATE-YOU PUT YOURSELF IN DANGER OF NOT BEING ALLOWED TO PARTICIPATE FOR THE DAY.

3. DRESS CODE:

AWAY GAMES:

Shirt and tie to all away games. Can wear sweat suit home from away games.

HOME GAMES: Can wear Columbia Basketball sweat suits.

4. GRADES

Columbia HS does not have an official academic policy; however, you must understand that your grades come before basketball.

See a member of the coaching staff if you are having any difficulties.

If you do not dress for PE class you cannot participate in interscholastic athletics.

5. GENERAL ETHICS...BE RESPECTFUL!

Eye contact when being spoken to

Do not speak to officials

No trash talking-Do not disrespect your opponents

No profane language: sprints and push-ups will be administered

Columbia Basketball

Blue Devils

Program Philosophy:

“Fist”

Communication-Trust-Collective Responsibility- Caring-Pride

“It is amazing what a group of people can accomplish, when nobody cares who gets the credit.”-John Wooden

We will be successful if everybody is together as a single unit. The five fingers of a hand represent a team. When they come TOGETHER to form a fist they become much more powerful. Each of us alone is weaker, by far, than all of us will be if we come TOGETHER as one.

COMMUNICATION

Eye contact and honesty- “do not beat around the bush.”

TRUST

Each player must know and believe that his teammates and coaches will be there for each other.

COLLECTIVE RESPONSIBILITY

Everything is done together, winning & losing. No finger pointing, no blame, no excuses.

CARING

Care about your teammates, the team’s performance and the people associated with the program.

PRIDE

Everything we do has our own personal signature on it. We always want to do everything as well as we possibly can.

“Be apart of something bigger than you...TEAM.”

Columbia Basketball

Program Goals:

1. To instill the principles of good sportsmanship, teamwork, and hard work, and have the players incorporate them on and off the court.
2. To compete for a Suburban Council South Division Championship.
3. To be the most competitive team, based on our ability, at the Varsity level, and develop as many players as we can on the Modified, Freshmen, and Junior Varsity levels.
4. To improve as a team, so we are playing up to the best of our ability going into the Section II post-season tournament

C Columbia Basketball **C**

Coaching Staff & Parent Communication:

Dear Columbia Basketball families,

The coaching staff understands that all parents:

- 1. Love their children**
- 2. Want to see them on the court**

Your child will know what his role on the team is and should communicate it with you, and through daily practice will be given opportunities to improve throughout the season.

The coaches will have an open dialogue with the players. If you have any concerns, i.e. grades, family or social issues, please let the coaches know ASAP.

Coaching staff will not discuss:

- 1. playing time**
- 2. coaching strategy**

If you need to contact me in case of an emergency please call at school (207-2368) or email me at obermayerja@egcsd.org.

Parent/guardian signature

Parent/guardian signature