



DR. DISH[®]

***THE ULTIMATE
PRESEASON
CHECKLIST***

FOR PLAYERS, COACHES, AND PARENTS

THE ULTIMATE **PRESEASON** CHECKLIST

PLAYERS

Like most initiatives, it's hard to be successful without a plan. At Dr. Dish Basketball, we're here to help. Use this checklist to help guide your preseason, share it with your teammates, and get after it together.

COMMUNICATION

- Request fall basketball and preseason schedule
- Communicate with coaching staff regarding individual role for the upcoming season
- Communicate with teammates about captains practice and skills session work

SKILLS

- Understand what skills the coach(es) will look for in tryouts
- Identify one to two skills worked on during the summer to highlight/demonstrate during tryouts
- Incorporate new skills into preseason workouts
- Maintain weekly minimal goal of 750 shot attempts

STRENGTH & CONDITIONING

- Maintain strength workout routine until adjusted by the school's strength coach
- Continue to record your workouts and monitor progress
- Incorporate conditioning into your training to maintain stamina throughout the season

MINDFULNESS, REST, AND OVERALL HEALTH

- Read one motivation book/article per month relating to success, hard work, dedication, consistency, etc.
- Adjust rest day schedule based on preseason program
- Reflect once daily for one minute (eyes closed, slow breathing, positive self talk)
- Incorporate flexibility exercises for injury prevention

ADDITIONAL GOALS/NOTES

THE ULTIMATE **PRESEASON** CHECKLIST

COACHES

The preseason takes critical planning to make for a successful start to the season. At Dr. Dish Basketball, we're here to help. Use this checklist to help guide your preseason.

SKILL DEVELOPMENT

- Determine plan for preseason development and tryouts
- Identify team captains and outline responsibilities for practices
- Outline what stats are most important for players to keep track of as tryouts approach

STRENGTH & CONDITIONING

- Share strength and conditioning ideas with captains for the preseason
- Share recovery exercises for players to incorporate in their routines
- Emphasize the importance of healthy habits like recovery, water, and nutrition
- Develop in-season strength and conditioning plan

TEAM BUILDING

- Schedule open gyms and share times with the team
- Encourage players to go to captains practices
- Create game-like focuses for pick up and team preseason play
- Encourage players to attend fall skills camp or clinics

ACADEMICS

- Identify academic at-risk players and establish touch points before preseason and tryouts
- Share school/academic resources to help athletes stay on track throughout the year
- Communicate season schedule to athletic director and teaching staff
- Be understanding and supportive of students academic commitments

STAFF DEVELOPMENT

- Implement staff goals for the season and weekly meetings
- Attend one to two fall coach development clinics

ADDITIONAL GOALS/NOTES

THE ULTIMATE **PRESEASON** CHECKLIST

PARENTS

Helping an athlete reach their goals takes a great deal of planning and support. Use this checklist to help guide your preseason, and make sure your player is using the player checklist.

GROWTH OPPORTUNITIES

- Find one to two basketball clinics/camps to sign up for
- Invest in athletic equipment to enhance skill development (e.g., Dr. Dish Shooting Machine)
- Work with a trainer, coach or former player for preseason and tryout prep
- Assist with managing other sports and obligations
- Research future opportunities (e.g., college visits)
- Review students' grades to ensure future eligibility

POSITIVE REINFORCEMENT

- Attend and participate in the basketball events your child is involved in
- Frequently check-in on stress levels and progress during the preseason
- Spend time reflecting on skill development as preseason and tryouts approach

COACH COMMUNICATION

- Stay in the loop with coaching staff regarding preseason workouts, open gyms, and captains practice
- Notify coach ahead of time if player will miss obligations
- Encourage players to communicate with coaches to get feedback or express concerns
- Ask coaches if team coordinators are needed and help out where you can

ADDITIONAL GOALS/NOTES

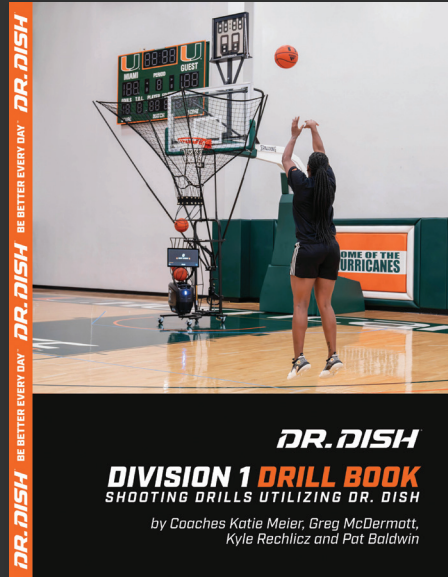
ENJOY THIS CHECKLIST?

SET YOUR TEAM UP FOR SUCCESS BY ACCESSING OUR OTHER VALUABLE RESOURCES AND BOOKS

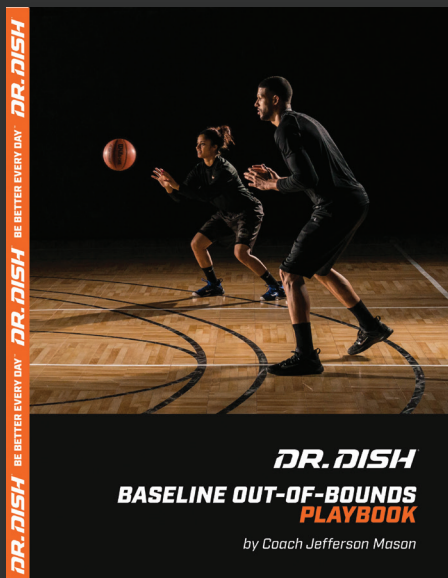
DOWNLOAD NOW



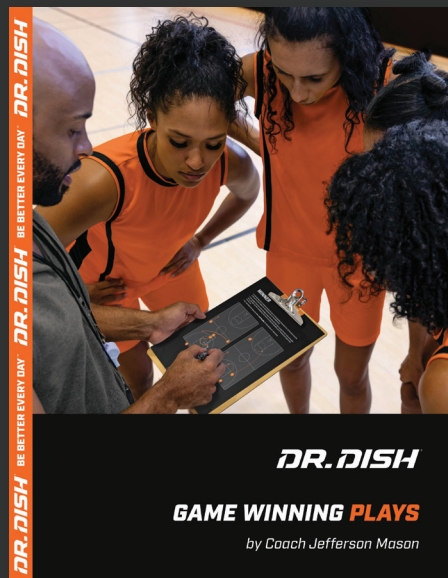
ALL IN COACHING GUIDE



DIVISION 1 DRILL BOOK



BASELINE OUT-OF-BOUNDS



GAME WINNING PLAYS

#1 DR. DISH®

#1 SELLING SHOOTING MACHINE IN THE WORLD™



DESIGNING THE TOP TRAINING SOLUTIONS

FOR SCHOOLS, PROFESSIONAL TEAMS,
HOMES AND TRAINING FACILITIES

CONTACT US FOR MORE INFORMATION

DRDISHBASKETBALL.COM • INFO@DRDISHBASKETBALL.COM • 952.873.2633