



# PRACTICE PLANNING + TEAM BUILDING

Juliann Faucette Johnson



# JULIANN FAUCETTE JOHNSON

- Three-time All American at the University of Texas
- 2010 Big 12 Player of the Year
- 2007 National Freshman of the Year
- 2011 University of Texas Female Athlete of the Year
- USA National Team Member
- 7 year Professional Player in Italy, France, China, Japan, etc.
- Currently with BSN SPORTS as a Brand Ambassador



# OVERVIEW



Best practices for planning a practice



Skills vs Drills



Example Practice Plan



Team Building Exercises

# BEST PRACTICES

- Whiteboard practice planning – Plan ahead!
- Repetition is key
- Game-like drills
- Finish the Drill
- Player initiate as much as possible
- Scoring – Observable & Measurable
- Video feedback – tablets and phones work!
- Get everybody involved
- Use your resources – online tools, videos, clinics



# SKILLS VS DRILLS

- Common Question: How much time should I spend on skills vs drills?
  - Depends on the level of your team
  - Time of season
  - What is the status of your team?
  - Quality reps
  - Game-like situations
- Find balance
  - Position work is important
  - Find the right times to break down skills
  - Encourage players to come in early



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# EXAMPLE PRACTICE PLAN

- Warm up
- Butterfly
- Backrow
- Serve + Pass
- Defense/Blocking
- Competitive Drills
  - Defensive focused drill
  - USA Drill (side-out focused)
  - Games to 25

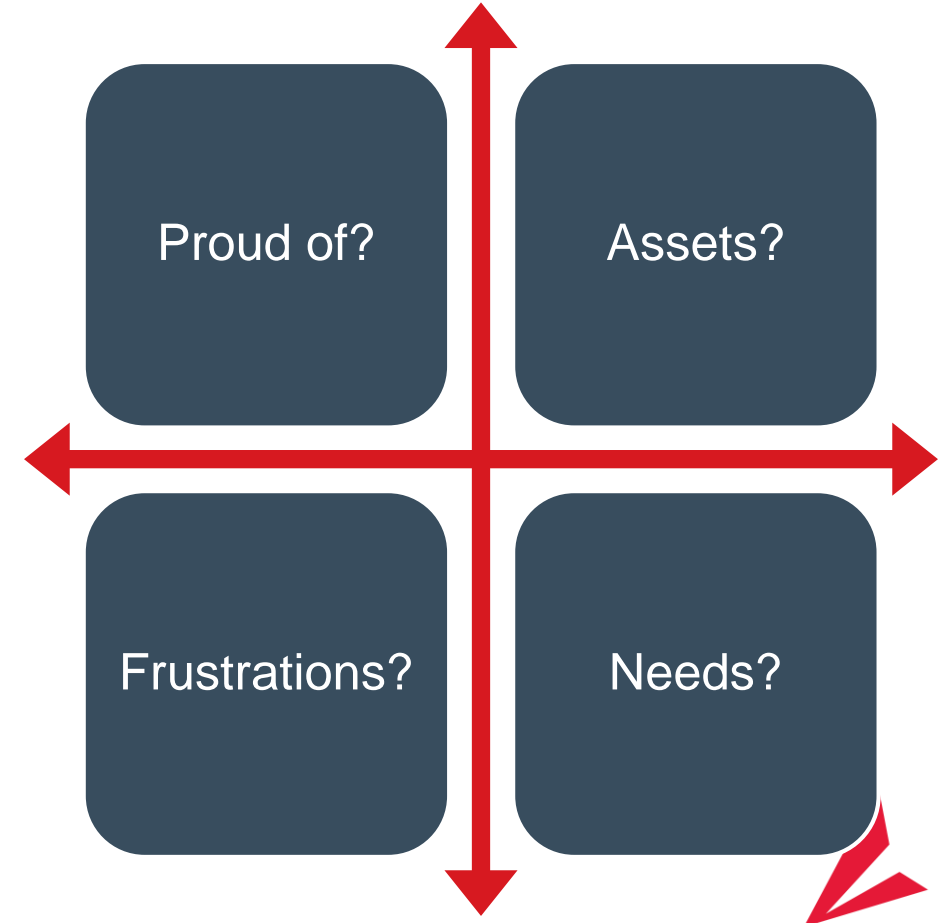


# TEAM BUILDING EXERCISES

- Team Chemistry
  - Start with Team Building practices
  - Set the tone for the season
  - What kind of environment do you want?
  - Get the most out of your team

# TEAM PICTONARY

- What are you most proud of?
- What do you bring to the group?
- What are your frustrations?
- What do you NEED from this team?





# Take the Test

## Discover your Personality Color

- Rank your endings using the scale below
  - Most like you = 4
  - Next most like you = 3
  - Second to least like you = 2
  - Least like you = 1
- Record and total your rankings



# THE TEST

## Understanding Personality Colors to Supervise Effectively Juliann Faucette Johnson

### Discover Your Personality Color Assessment

Below are 11 incomplete sentences that describe people. Each sentence has four possible endings. Rank your endings using the scale below.

Most like you = 4  
Next most like you = 3  
Second to least like you = 2  
Least like you = 1

- When I make decisions:
  - I do it quickly and go with the first impressions.
  - I think about it, consider the options and then decide.
  - I listen to my feelings and consider how my decisions will affect others.
  - I take it seriously and always try to make the right decision.
- The best way for others to show me they care about me is to:
  - Do fun things with me.
  - Give me space to be myself.
  - Spend time with me doing whatever.
  - Do what I want to do; not let me down or go back on their word.
- When I'm with my friends, I like to provide:
  - The excitement; the fun; the jokes.
  - Questions; answers; a logical way of looking at things.
  - Concern for others; a lot of caring.
  - The planning; a sense of security; a good standard.
- I like to:
  - Act on a moment's notice; do risky things.
  - Provide answers or give thought to people's questions.
  - Help maintain a sense of harmony and togetherness.
  - Be responsible, dependable, and helpful to others.
- One thing I am really good at is:
  - Acting courageously.
  - Thinking.
  - Being sensitive.
  - Organizing.
- Friends who know me best would say that I am:
  - Competitive.
  - Reserved, thoughtful.
  - Emotional, friendly.
  - Neat, prepared.
- My basic approach to life is:
  - To take one day at a time and have fun.
  - To figure out what life is all about.
  - To help others and be happy and succeed.
  - To plan for the future and make it as good as possible.
- When I am feeling discouraged or "down in the dumps":
  - I often become rude, mad, or sometimes even mean.
  - I withdraw, don't talk very much, and try to think my way out of the problem.
  - I feel emotional, am sad, and usually like to talk it over with someone close to me.

## Understanding Personality Colors to Supervise Effectively Juliann Faucette Johnson

- I try to figure out what's causing the problem and fix it.
- I feel good about myself when:
    - I can do things that are difficult.
    - I can solve problems or figure things out.
    - I can help other people.
    - I am appreciated or rewarded for things I do.
  - Colleagues at work who saw me when I was having a bad day might describe me as:
    - Rowdy or a little wild.
    - Arrogant.
    - Talkative.
    - Someone who wants things my way; dominant; worrying.
  - Colleagues at work (who like me and who I tend to work well with) would probably describe me as:
    - Charming, a natural leader, clever, someone who is fun to have around.
    - Thoughtful, someone who has good ideas, someone who likes to figure out problems.
    - Nice, friendly, someone who gets along with and is helpful to superiors and others.
    - Neat, organized, prepared, someone who completes tasks and is a good employee.

Number	A	B	C	D
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
TOTAL				

Total your columns and place your results in the blanks below.

- Orange
- Green
- Blue
- Gold

What is your first color? What is your second color?



# What's Your Personality Color?

Strength: *Authenticity*  
Value: *Compassion*  
Dislike: *Insincerity*  
Express: *Enthusiasm*

**Blue**

Strength: *Skillfulness*  
Value: *Freedom*  
Dislike: *Deadlines*  
Express: *Confidence*

**Orange**

Strength: *Duty*  
Value: *Responsibility*  
Dislike: *Disobedience*  
Express: *Stability*

**Gold**

Strength: *Knowledge*  
Value: *Intelligence*  
Dislike: *Unfairness*  
Express: *Calmness*

**Green**



# True Blue

**You may see yourself as:**

- Compassionate
- Trusting
- Caretaker
- Great Communicator

**Others may see you as:**

- Overly emotional
- Too nice
- Too tender hearted
- Soft



# Curious Green

## **You may see yourself as:**

- Superior intellect
- Able to find flaws
- Calm, not emotional
- 98% right

## **Others may see you as:**

- Intellectual snob
- Critical, fault finding
- Heartless
- Arrogant



# Solid Gold

## You may see yourself as:

- Decisive
- Providing security
- Goal-oriented
- Firm

## Others may see you as:

- Bossy
- Dull, boring
- Stubborn
- Uptight



# Action Orange

**You may see yourself as:**

- Fun-loving, enjoys life
- Spontaneous
- Good negotiator
- Do many things at once

**Others may see you as:**

- Irresponsible
- Scattered
- Not a team player
- Resists closure or decisions



# FRUSTRATIONS

**Blue:** Lying, Personal rejection, Lack of communication, Sarcasm

**Green:** Small-talk, Illogical arguments, Social functions, Plagiarism

**Gold:** Irresponsibility, Lack of planning, High risk taking

**Orange:** Rules, Deadlines, Same routine, Too much structure



# COMMUNICATION:

*Finding the best ways to reach them*

## Blue

- Want you to first establish a relationship
- Don't want to let you down; don't overwhelm them
- Focus on more than your words

## Green

- Want to gain or share information
- Search for the purpose of the conversation
- Usually don't show emotion

## Gold

- Want structure in conversations
- Listen for details
- Prefer to do things the way they always have

## Orange

- Listen for entertainment and relevance
- Need bite-size pieces of information
- Search for opportunities; ask them for suggestions



# PUTTING IT INTO PRACTICE

- **RECOGNIZE** your team's individual personalities
- **UNDERSTAND** how to best communicate with each
- **VALUE** their differences and similarities
- **LEAD** and be a part of a more effective team



VISITORS

**QUESTIONS?**



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# THANK YOU FOR ATTENDING!

- CONTINUED EDUCATION CREDITS
- QUESTIONS ABOUT BSN SPORTS
- QUESTIONS FOR ME
- EMAIL: [NLEWNES@BSNSPORTS.COM](mailto:NLEWNES@BSNSPORTS.COM)



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