

PRACTICE DAY 18



THINGS TO DO

7:30 -(TEAM HUDDLE) (5 Minutes)

7:45 - ACTIVE WARMUP (5 Minutes)

7:50 - SKILL DEVELOPMENT (20 Minutes)

- Hawks Shooting Drill
- Continuous PNR Drill
- Paint to Great Drill (Both Sides)

DEFENSIVE BLOCK

7:25- 5 on 5 Shell Drill (20 Mins)

- Switching off Ball Screens
- Drop PNR COVERAGE
- Big Protects Paint
- Guard Fights over the top and gets back in the play

WATER BREAK

5 V 0 Offense- Script in Half Court (10 Mins)

- Get the ball out quick
- Get to Spots Quickly
- Teams will start at Half court and sprint into action

- Power
- Twist
- Rub
- Jam
- Away Rub
- Swing
- Pistol
- Drag
- Drag Fire
- Circles
- 25
- 25 Head Tap & Veer
- Power

2ND HALF OF PRACTICE

5 on 5 Half Court (20 Mins)

- Winner keep the ball
- Defense gets points for stops
- Offense gets points for a score

Special Situations Scrimmage (10 Mins)

- 4 Possessions Live
- Working on getting the ball out quickly

1-2-2 Match-up Zone Scrimmage (10 Mins)

- Each team will play defense consecutively
- A stop is worth 1 point
- Defense has to get to 6 points

NOTES

GAME AND CLOCK MANAGEMENT

*Proper Breakdown of Drills and Concepts

*Knowing Time and Score

SCRIMMAGE 1-2-2 PRESS (15 Play game in Cycles)

SPECIAL SITUATIONS (10 Mins) BLOB and SLOB

Work on 50 and 32

SITUATIONAL SCRIMMAGE

-Review 1-2-2 Press (15 MINS)

Play 3 Possession Cycles

- Up 10 with 2 Minutes to Go
- Down 5 with 1 Minute to GO
- Up 2 with the ball 30 Secs to GO
- Down 1 with 45 Secs to Go
- Up 5 with 1 Minute to Go

5 V 5 SCRIMMAGE

TEAM 1: Pedro, Tamuri, Aaron, Malcolm, Wes, Aaron, Zach

TEAM 2: Tray, Bassel, Pat, Trevor, Stephon Jeremy,