

Practice Schedule	
Day	Plan
Monday	2:00 Practice
Tuesday	Game Day
Wednesday	1:30 Practice (Lift)
Thursday	2:00 Practice
Friday	Game Day
Saturday	Off
Sunday	1:30 Practice (Lift)

Practice Time Allotment		
	2:00 Practice	1:30 Practice
Skill Dev	20 mins	20 mins
Transition	20 mins	10 mins
Half Court Offense	30 mins	30 mins
Half Court Defense	30 mins	20 mins
Specials	10 mins	

Practice Plan	
Warm Up	
Skill Development	
Transition	
Half Court Offense	
Transition Defense	
Defense	
Specials	

Notes
Competition Cauldron
Post Practice Announcements

Skills		
Drills		Notes:
Finishing	1/0 Finishing	
Finishing	1/1 Russian	
Finishing	1/1 Drop Pass	1/1 with a Passer
Shooting	3 Man Relocation	Drive & Kick
Shooting	BDT Shooting	Closeout into 2/1
Shooting	Olympic Shooting	Make 5 in :30 Sec
Shooting	Drive & Space Shooting	Slot, Wing, Baseline
Dribbling	1/1 Sidelines	Creating Space
Transition to Offense		
Drills		
Structure	2.0 Trips	All Pitch Aheads
Structure	2.0 Trips	Progression
Advantage	2/1 or 3/2 Trailer	
Advantage	4/4 BC	
Flow	5/3 Touch the Baseline	
Flow	HC Offense into Transition	
Offense		
Drills		
SOG	4/4 Motion Strong	
SOG	4/4 'Play Through the Flare'	
SOG	4/4 Drive & Space	
Team Off	5/0 Actions	
Team Off	Strong, Baseline, X, Chin	
5/5 Specials	Blob, Slob & Late Game	
Transition to Defense		
Drills		
Off Reb	2/2 Breakdown	
Off Reb	3/3 Closeout	
Tagging Up	5/5 Offense (Down & Back)	
Tagging Up	5/5 Circle Up	
Defense		
Drills		
On Ball	1/1 From the Perimeter	
On Ball	1/1 Kill	
On Ball	1/1 Do it All (Closeout, Shut Off, & Rebound)	
SOG	3/3 No Screening	On Ball, & Jam Gaps
SOG	3/3 Ball Screen	
SOG	3/3 Off Ball Screening	
Team Def	5/5 Team Scout Plays	
Team Def	5/5 "23" Zone Session	
Team Def	5/5 "X" Pressure	
Press	5/5 "Fist" Pressure	