



Practice Plan

Points of Emphasis

- Positive touches (high fives, back pats, fist bumps etc.)
- Next play mentality (don't worry about your miss, tip it back in!!)
- Getting two feet in the paint!
- Seeking and taking good shots

Time:	Drill:	Cues and focus:
5 Minutes	Dynamic Warmup	Focus on learning the reps, not being perfect.
5 Minutes	Partner Jumpstops	Focus on footwork and crisp passes. Pass in a straight line.
10 Minutes	Skill groups (splits action scoring)	Break up guards, post, wings for skill break downs out of our splits action.
10 Minutes	3 v 3 splits	3 on 3 with our splits action. 3 Reps then rotate. Then make it take it.
5 Minutes	Shell Defense	Reiterate moving on the flight of the ball. Help side and gap etc...
15 Minutes	5 v 5 half court	Start with our splits action, then play live. 3 reps then rotate.
10 Minutes	5 v 5 3 trips	Start with splits action, then live, offense defense offense, then rotate.
15 Minutes	Scrimmage	Reiterate our splits action on the first side and sprinting lanes.

Team breakout. What was good, what was bad? Ask for coach input and player input.

■ Watch Game Film After Practice

■ Bus leaves at 3 tomorrow