

Practice – Tuesday 8/14/2006

(6-8pm)

- (5:50) 1. Stretching
- (6:00) 2. Warm up running – Run 4 laps around the gym.
- (6:05) 3. Ball Handling
 - Ball Handling Routine
 - 2-Ball Dribbling
 - 2 Suicides (while dribbling the ball)
- (6:25) 4. Baseline shooting drill – then Free Throws (15 each)
- (6:45) 5. Passing
 - Weave (basic – full court)
 - 3 on 2 / 2 on 1 drill
- (7:05) 6. Defensive drills
 - Step Slide (sideline to sideline)
 - Step Slide (holding basketballs)
 - Zig – Zag (full court)
 - Running Backwards
 - Mirror Drill
- (7:15) 7. Defenses
 - 2-3 defense (basics, positions, responsibilities)
 - Press (full court press – review)
- (7:25) 8. Press Breaking
 - Blue – Press Breaker
- (7:35) 9. Offense
 - Zone Offense (Overload)
- (7:45) 10. Scrimmage – (at least the last 15 minutes – non stop)

Notes: Pass out homework papers, get t-shirt sizes after practice is over, and hand out new practice schedule.

(Coaches – Keep in mind that even if a practice is well thought out and planned down to the minute, it is very likely that the practice may not turn out the way you planned it on paper. It's ok, things change, certain things may need a little more time, etc – as long as the practice is productive, that's what counts)