

Practice Plan

Fri. Dec. 17th

__ Reflection on last game, what did we do well? What do we need to work on?

- Ball Handling
- Defense
- Basketball IQ

__ Starting Block

__ Dribbling

- Controlled Cross
- Attack Cross
- Circle Dribble

__ Defense secondary on Swing Offense

- Man to Man system and rules
- Shell drill

__ Offense: with all 5

- Teach full Swing: Walk through, no defense
- Emphasis passing, quick ball movement, passes with velocity and on the mark
- Re-emphasis starting block, stepping into pass
- Spacing

__ Inbounds Plays

- The Box plays
- Line

__ Defending Inbounds Plays

- No help ever

__ Side out of bounds play

- Line

__ Closure on Practice: Talk about what we did well today, and what will need more work. Make sure we get better every day.