



**Practice #3 (2:35 – 4:55 PM)
October 12, 2016**

Prayer
Herry out
Invert, check, curl

2:15 (24) Lift

Get gym ready

2:40 (20) Pre-practice routine

Diagonal series

- a. Low-slow-wide
- b. Explode-explode
- c. Explode-sprint-explode
- d. Personnel closeouts
- e. Chop and pop

Triangle Closeouts

- a. Jam
- b. Front the cutter

4 Line closeouts: five, dig ^{sideline}

Full court ball handling ^{cones}

3-3 Energizer: "brown"

4 Man shell: 3s only ^{tennis balls}

Princeton Shooting / Free Throws

3:00 (25) Individual skills⁴

Arc series

- a. Control to go
- b. Back off
- c. Speed
- d. Finishing school (reach, ss outside, ss donut)

Middle drive pitch back

1-1 live from wing

3-1 help/charge, brick wall, blockouts

Drift/Phigh 3s

4 square

- a. Swing
- b. Crackback
- c. Skipback
- d. Jumpskip
- e. Snapback
- f. Bounce out
- g. Control to go
- h. Nash

3:25 (15) Defense¹

4-4 Front the cutter → Half court change

5-5 Flow v. 10/Scramble (hc m/t)

3:40 (10) Shooting⁶

(4) 40 in 4

(4) Ball screen → zero

(2) FTs

3:50 (8) 3-3 Ballscreen²

3:58 Team skills⁴

TAP Fill

- Fist
- Rose

Wave snap

4:10 (10) 5-0 Break/Situational¹

Swing/snap

MIX

TAP Fill

- Fist
- Rose

Fat hammer up to single

Phigh

Fist

Install

4:20 (10) 5-5 Situational Offense v. 10¹

Swing/snap

Grizzly

TAP Fill (rose, fist)

Fat 1st hammer (one up)

Phigh

Fist

4:30 (1) Make 2

4:31 (9) 5-5 Flow v. 14 straight/white

4:40 (3) Center Court

Next Event: P#4 2:15-4:45 pm (extra work)

Locker room

4:43 (7) Free Throws/ Stretch

4:50 Notes



**Practice #13 (3:00 – 5:30 PM)
October 26, 2016**

Tensley out
Ryan Film
Tape Travis
Game shoes

1:05 (15) Installation

Early O/ Press Attack: 3 Up
Press v. left entry / irregular entry
SOB Flash
Under Low Road

1:20 (25) Lift

3:00 (35) Warm-up

Full court handling
Princeton shooting
Speed passing
Inbounding ball (release)
3-1 Shell
a. Cutters
b. Away screens
c. Low Road
d. Roll replace (heavy/light)
3-1 Identity (0:20 sec)
→ Score offense as usual
→ Off Reb +2
→ Turnover -1
→ Post Box touch +2
→ Def Reb +1
→ Charge +2
→ Foul -1 (check it up)

3:35 (15) Individual Skills

4 Square
a. Swing
b. Crackback
c. Skipback
d. Jumpskip
e. Snapback
f. Bounce out
g. Nash
h. Control to go
i. Pressure Passing
Italian
a. FP Middle drive
b. Fill
c. FAT 3rd

3:50 (10) Team Skills

Strong
TAP
Swing/Snap
Fill

4:00 (10) 5-0 Situational Offense

- Throw down → Strong
- TAP
- Feed perimeter in post
- Feed Center in post
- Grizzly

4:10 (45) Change Period (Timeouts / Situation)

5-5 Situational Offense → Get Back

- Throw down → Strong
- TAP
- Feed perimeter in post
- Feed Center in post
- Grizzly

5-0 PCR → press spots (not live)

- Corner power/spin, phigh, fill
- Fingers/wave Sneak (fingers/wave phigh)
- Mix (wave) Rose/Swing/TAP
- Under: vision, regular, power, fill
- SOB

5-5 PCR → Press (live)

Press
Right/Left side
141 Straight/White
141 Brown/Black
241 Straight/White
241 Brown/Black
Under
SOB
FT Rebound

4:55 (20) Shooting

5:15 (5) Center court

Next Event: P#14 (Lift/film 8th) 3:35 - 5:35 pm
Halfcourt
Leadership council



Practice #19 (2:15 – 4:15 PM)
Wed 2 Nov '16

2:10 (10) Installation

Quick (corner, mix / wave)

2:20 (15) Film

2:35 (25) Warm Up

Diagonal series

- f. Low-slow-wide
- g. Explode-explode
- h. Explode-sprint-explode
- i. Personnel closeouts
- j. Chop and pop

Vegas closeouts

- a. Gap
- b. Drive

4-4 Box drill (add stagger)

5-5 Flex v. 1

4-4 Perfect Possession (0:45)

Stances/Communication/Blockouts

3:00 (15) Individual Skills

Partner Work

- a. Partner passing
- b. Escapes
- c. Dribble @
- d. Zero shooting (post feed w/target)

HC Italian / Post Work

- a. Escape
- b. PPP

3:15 (13) 5-5 Zone Work

232 vs. Share and space (UOB)

3:28 (8) Shooting

(2) Free Throw

(6) 3:00 drill

3:36 (10) Team Skills

Point/spin (fingers / wave)

Crease

Strong

3:46 (10) 5-0 Situational Offense

Crease flares, fists

Swing (one down)

Perimeter in post

Center in post

Strong

T game

Point

Quick

3:56 (10) 5-5 Situational Offense HC (off. shell)

Crease flares, fists

Swing (one down)

Perimeter in post

Center in post

Strong

T game

Point

Quick

4:06 (10) Shooting

(2) Free Throws

(8) 2:00

4:16 (4) Center Court

Next Event: Run Through (varsity only)

Extra clothes

JV eat during 8th hour, set up gym after

Varsity back for 5:30 pm

4:20 (5) Post-practice

KJ



Practice #27 (2:30 – 4:50 PM)

Tues 15 Nov '16

Pinnies
Mason Magnet

2:15 (15) Mandeville Scout

Film

1,3, 4, 6, 8, 9, 11, 12, 13, 14, 19

Construction

Use the down instead of the back

2:30 (35) Warm Up

Diagonal series

- a. Low-slow-wide
- b. Explode-explode
- c. Explode-sprint-explode
- d. Personnel closeouts
- e. Chop and pop

3 Line Closeouts

- a. Cover the ball (ready)
- b. Change direction
- c. Front the cutter

1-1 Ball in circle (live)

4-4 Shell (Kobes w/Ace)

- a. SVPTAM (scramble)
- b. Double (side/baseline)
- c. Stagger (baseline drive)

5-5 v. Construction

- a. Motion (Paint touch)
- b. Spread →
→ Double back
→ Triple
→ America
→ Lob

3:05 (20) Individual Skills

Groove, Bradleys

Groove 3s

Sideline Series

- h. Pound pound cross
- i. Countdown pounds
- j. Change direction
- k. Perfect catch
- l. Slow read/ Quick read
- m. Hesitation
- n. Partner Passing

Arc Series

- a. Speed
- b. Control
- c. Bounce out

Popcorn shooting

3:25 (10) Team Skills

Fill hand cut

TAP crease

Point/spin

Possessions

3:35 (13) 5-5 Situational Offense (HC)

TAP/T game

Fill

Point / Spin

Post feed

Finishing the Qtr (v6)

3:48 (4) Helpside FTs

3:52 (18) 141, 231, 232 / Purple, White

4:10 (8) 2:00

4:18 (22) Possessions

Extra ball

Circle Transition

Vegas

PCR

Quick

Swing

Corner

Sneak

4:40 (10) Situation

4:50 Center Court

Next Event: P#28 2:20 - 4:50 PM

Green light drill

Notes

Thanksgiving Playlist

Ice for Marshall



Practice #31 (2:00 – 4:30 PM)
Sun 27 Nov '16

1:30 (15) Film set up gym/weight room

Turnovers: 5, 6, 8, 9?, 11

Makes: 1, 3, 4, 5, 6, 11 Boston, 13, 14, 18, 19 Boston

1:45 (20) Lift

2:10 (30) Individual Skills

Groove, Bradleys, Mikans / Pound pound cross

Post Moves

- Control to go
- Up and Under
- Drop step

Finishing school

- Outside hand
- SS outside hand
- Donut
- Nash

Closeout Shooting

- Circle /Slice
- Groove
- Pull
- Three
- One up/down

HC Italian³ / Post fundamentals

- QP
- FAT
- FP (2nd side)

3-0 Passing / Post work

- Middle - Escape - Hammer
- Baseline - Escape - Middle FP

2:00 drill / Post work

2:40 (30) Defense

3 Line closeouts

- Shot
- Drive
- Five
- Gap
- Dig
- Jam

3-3 Ball to screen

3-3 Ball in circle

4-4 Shell

- Exchange
- Bump (stagger tomorrow)

4-4 Energizer/ HC change / 3 & Out / Identity

3-3 Conversion

3:10 (10) Shooting

(3) FTs (helpside)

(3) Moneyball

(3) Zero

3:20 (12) Team skills

Button

Mix square

TAP

Point 2, 3

3:32 (15) Offense

3-3 Rose (button)

4-4 TAP

4-4 Point

3:47 (5) Shooting

40 in 4

FT (1)

3:52 (10) 5-0 Situational Offense

Check

Square / dribble 2

4:00 (15) 5-5 Situational Offense

Check

Square / dribble 2

Button

Point

Bounce out

Mix square

Strong

4:15 (15) Possessions

Circle transition

Skipper

4:30 Center Court

Next Event: P#32 (2:30 - 5:00 pm) *Monday

Meeting

Notes

JV Lift Wednesday

Install

Special fc

Half court skipper

Curl

Shoulder

Button

Mix square

Fingers smash

Punch

Jungle



Practice #35 (2:30 – 5:00 PM)
Thurs 8 Dec '16

Armwood
Construction jerseys/pinnies

Groove

2:18 (15) Film/Installation

Wave/Fingers Shoulder

Wave Power

Quick peel

2:35 (35) Warm Up

2:00 drill / Post work

4-4 Box drill

- A. Cross screens
- B. Slip

3-3 Dry run rebounding

- a. Front the cutter
- b. Screen away
- c. Drive and kick

3-3 Conversion

3:05 (20) Individual skills

Finishing school

2:00 drill / Post work

Closeout shooting

Playtime v. coaches

4 square

- a. Swing
- b. Crackback
- c. Skipback
- d. Jumpskip
- e. Snapback
- f. Bounce out
- g. Control to go
- h. Nash

3:25 (15) Team skills

Deflection layups

Attack 33

3:40 (8) 5-0 Movement → Flow

Swing /snap

Phigh: wave, swing, sneak

3:48 (12) 5-5 Circle (hc)

Irregular beginning

4:00 (10) Shooting

4:10 (8) 3-3 Dry run rebounding

- a. DHO
- b. Flares
- c. Ball screen

4:18 (12) 5-5 241 v. 2-1-2

Straight

Green / Brown

White

Purple

4:30 (4) Free Throws

4:34 (12) Construction (ace)

Motion (cross screen entry)

Box Flare

Box Cross

4 Corners

Sideline Flare (coaches!)

UOB

4:46 (14) Construction (ace)

Man (make us snap)

1-2-2 $\frac{3}{4}$ ct trap

2-3 zone (& UOB)

Box & 1 (peel, tap)

Center Court

Next Event: Run Through

Bus Leaves @

Notes

Scout