EMPHASIS OF THE DAY

COMPETE!!!!!!!!

DATE / PRACTICE

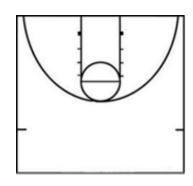
JANUARY 1, 2021

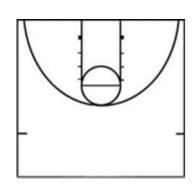
10:00AM - 2:00PM

TIME	DRILL	EMPHASIS/COMMENTS		
10:45-11:00	FILM	*Transition O Clips		
11:00-11:15	WARM-UP			
11:15-11:55	FULL COURT			
	QuickStrike Rim Run, Pass ahead	*vs Guys		
	 2/0 and 2/2 Get (Screens, Outer 3rds) 	*vs Guys		
	 2/0 and 2/2 Drag (XMainSt- Middle 3rd) 			
	3 Lines- High Single, Rev.SidePnR	*Skeleton		
	• Teach "Pistol", "3"			
11:55-12:00	END OF GAME NEED 3 ATO			
12:00-12:05	FREE THROWS/WATER BREAK			
12:05-12:20	SHELL DEFENSE			
	Teach, Talk, Drill			
	Live vs US			
12:20-12:30	• SCRIMMAGE			
12:40-1:00	SIDE P/R D "ICE"			
	- Teach, Talk, Drill	*Split 2 Side, Guys offense		

A Team:			
B Team:			

^{**}Chart Missed Open Layups, Chart FTs





DATE / PRACTICE

TIME	DRILL	EMPHASIS/COMMENTS

A Team: _			
R Team:			

^{**}Chart Missed Open Layups, Chart FTs

