

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	
	<ul style="list-style-type: none"> QuickStrike Rim Run, Pass ahead 	*vs Guys
	<ul style="list-style-type: none"> 2/0 and 2/2 Get (Screens, Outer 3rds) 	*vs Guys
	<ul style="list-style-type: none"> 2/0 and 2/2 Drag (XMainSt- Middle 3rd) 	
	<ul style="list-style-type: none"> 3 Lines- High Single, Rev.SidePnR 	*Skeleton
	<ul style="list-style-type: none"> 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	
	<ul style="list-style-type: none"> Live vs US 	
12:20-12:30	<ul style="list-style-type: none"> 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*



