

Activity/Drill	Clock	Total	Emphasis/Why
Foam Roll 30s on each body part	7	7	Using new foam rollers, roll out barefoot in the gym. 1. Calves & Achilles (legs crossed, single leg) – regular, inside, outside 2. Hamstrings (legs crossed, single leg) – regular 3. Left glute (left leg crossed over right, isolate gluteal muscle) 4. IT Band – ankles, knees, hips aligned – side plank 5. Quads – 1 leg at a time – as far as you can go up and down 6. Full back – bridge, cross arms across chest, stable head & neck.
Prehab & Form Shooting	3	10	Put foam rollers away on the baseline & go to form shooting w/ prehab. Walk in on heels, up on toes for form shots, out on outsides of feet. Everyone with a ball – get as many reps as you can in 3 minutes. 1 minute – shoes on
Keep Away	5	15	Play for the entire 5 minutes and track completed passes. Drops, travels, OOB or 5 second calls are turnovers.
Stretch	5	20	Volleyball line to volleyball line
BDT Shooting	10	30	Three different kinds of decision making today, each for three minutes. 1 st – regular BDT from under the basket 2 nd – fill the spot BDT (with relocation option) 3 rd – Drive & kick BDT (with relocation option) This is the basis for everything we do. Fight for your feet and use cross steps to get to the rim. Eliminate silly traveling calls and other unforced errors with excellent footwork.
Tap Free Throws	5	35	Competing at each basket.
1 on 1 Shoulder Game Finishing	5	40	Start with live dribble on the wing, defender on the inside shoulder. Gain the advantage, keep the advantage, and score in any way you can.
85 Full	5	45	Become a fantastic passing and footwork team – that’s what makes shots work. Push/Pull dribble penetration – should be communicating LOUD and EARLY.
What’s Up Free Throws	5	50	What’s up?
Slowly/Slowly Finishes	3	53	Compete to keep the offensive player out of the lane. This is a full sprint to get ahead – reminder to separate and meet at the spot rather than riding the hip.
4 on 2 Transition	7	60	Get up and down and look for early opposite, drive the 45 looks, and moving the advantage. We want threes and layups only – can we get penetration reaction?
Free Throw Rebounding	5	65	Points: +2 for DREB +1 for DREB +1 for FTM (each player shoots 2)
One Less Shooting	3	68	Reminders to be a great rebounder and a fantastic passer. Great shots come from great rebounds & passes. We want to be shooting a ton of kick out threes, as they’re the best three we can take and VERY useful against zone defense.
Elbow Finishes	3	71	Explicitly teach severing the angle with a demonstration of how to do it.

Practice – Day 24 1/3/2019 10:00-12:00 Main Gym

2 on 2 Conversion 5 teams of 2	10	81	Sprint, point, and talk in transition defense. Create chaos on the defensive end by denying the inbound and forcing the offensive player to get better at swooping for the ball. Once you have it, hunt the paint or look to push ahead after cross half. Cannot pass OVER but can pass through a gap to an open player. 5 second call = 5 points.
+5/-5	3	84	
Spurs 3 on 3	15	89	Winners of 2 on 2 get to pick up for 3 on 3 Spurs with transition. Made shots = transition defense for the new defensive team (who was just on 0) Other than that, stay at one end. New defense can be sent off for not sprinting, pointing, and talking in transition defense.
Swish 2 IAR	3	92	
Perfect Possession Winners from Spurs get to pick up 2 for 5 on 5. Set timer on your phone for 20 mins.	20	112	Transition: on a made shot Resets: scoring, fouls, offensive rebounds Runoffs: any violation = 5 seconds off the time. Automatic win = charge Only on two resets in a row does the time go up. Start at 60 seconds.
Patriot Shooting	8	120	Blue is up 1-0.