



TIME	TEAM PRACTICE	POE
5:30pm 5mins	<b>INTRO/QUESTIONS</b> <b>Drill building</b> - Skills (shooting/1v1 defense) - Team Defense - Full Court Defense - Fastbreak	
5:35pm 20mins	<b>INDIVIDUAL FUNDAMENTALS - DRILL BUILDING</b> <b>1. Shooting</b> Passer/Shooter Drill - CNS – 2's - Dribble – x1 / x3 dribble pull ups - Movement – lifts/drifts - Contested – player contested - Live – shot or play <b>2. Defense</b> Corridor Drill - Slides – push slides/hands - Controlled – gap, pin, pressure - Controlled live – athlete choice to half, swap live back - Live – must play to stop or score	
5:55pm 25mins	<b>DEFENSIVE TEAM FUNDAMENTALS</b> <b>1. Positioning/rotations</b> 1v1 closeouts/containment 2v2 stay/go 3v3 load 4v4 stunts 5v5 to live <b>TALK to DEFENSIVE TEAM FUNDAMENTALS</b> <b>2. Full court man to man/positioning</b> 1v1 channeling/containment 2v2 plug 3v3 lock 4v4 lock/load 5v5 safety	
6:20pm 5mins	<b>TALK to OFFENSIVE TEAM FUNDAMENTALS</b> <b>1. Spacing &amp; movement – motion</b> - 3v0 to 3v3 – pass/cut/drives/screen away? - 4v0 to 4v4 – pass/cut/drives/screen away? - 5v0 to 5v5 – pass/cut/drives/screen away? - 3v0/3v3 or 4v0/4v4 - action/concept play <b>2. Fastbreak</b> - breakdown skills for each spot – inbounder (hunt or release), guard, wings, rim - 5v0 drills - 5v0 1min drills - 4v4 or 5v5 with clock parameters - fast break drills – Jacobs, Tennessee, Sideline, Wake, ¾ Fastbreak drill, 3/5 man weave to 2v1/3v2, 3v3 Fastbreak Game	
6:25pm	<b>QUESTIONS</b>	

ADMIN	1	2	3	OUT
	1	2	3	X
	4	5	6	X
	7	8	9	X
				X