

**Wednesday 11.21.18 // 8:40-10 p.m. // Lake A**

# “Gratitude can transform common days into Thanksgivings.”

8:8:15	8:15-8:40	8:40-9:10	9:10-9:30	9:30-10	9:30-10
<b>Ball handling</b> <i>(2 balls, full court, partners)</i> <ul style="list-style-type: none"> <li>• Explode-Pound</li> <li>• Explode-Pound-Cross</li> <li>• Zig-zag; forward/reverse</li> <li>• Fingers and Piano</li> <li>• P-P-cross-b/t legs-pass</li> </ul> <b>Get 50</b> (get 45 or 5 lefties)	<b>Guards</b> <i>Riley, Jackson, Tyler, Jordan</i> <ul style="list-style-type: none"> <li>• Bethel layup series</li> <li>• Four square extra pass series</li> <li>• Tight cone 1v1</li> <li>• 2v2 with coach as screener</li> </ul> <b>Bigs</b> <i>Bryce, Luke, Justin, Jack</i> <ul style="list-style-type: none"> <li>• Drop step, baby h, step thru</li> <li>• Pick and roll, pop, slip</li> <li>• Post 1v1 (block and elbow)</li> <li>• 2v2 with coach as guard</li> </ul> <ul style="list-style-type: none"> <li>• 20 in 2 minutes shooting</li> <li>• FTs: Make 3 in a row game!</li> </ul>	<b>Defense (two groups)</b>  <b>6-pt. defensive drill</b> <ul style="list-style-type: none"> <li>1: Under rim, closeout to wing</li> <li>2: Get in gap, stunt</li> <li>3: Wing back cut, pop out</li> <li>4: 3/4 front deny post up</li> <li>5: 2 passes away, stop drive</li> <li>6: Wing into D then 1v1 top key</li> </ul> <b>One of the following</b> <ul style="list-style-type: none"> <li>• Tesdahl 2v4 help D drill</li> <li>• Gauntlet drill</li> <li>• 2 sprints, 2 stunts, live 2v2</li> </ul> <ul style="list-style-type: none"> <li>• If time: How to defend in-bounds plays</li> </ul>	<b>Offense (two groups)</b>  <b>12 trips</b> <ul style="list-style-type: none"> <li>• All 5 score in transition (30)</li> <li>• 41 (X, Flip, Spin, triggers)</li> <li>• 4-High</li> <li>• 3 guard</li> <li>• 2 guard</li> </ul> <p><i>Players on sidelines do passing drills</i></p> <ul style="list-style-type: none"> <li>• 17 free throws in 1 min</li> </ul>	<b>All together</b> <ul style="list-style-type: none"> <li>• 3v3 no dribble game</li> <li>• No paint competition</li> <li>• Get Back drill</li> <li>• 5v5 game to 100</li> <li>• 50-50 with conditioning</li> </ul> <ul style="list-style-type: none"> <li>• 10 toes</li> <li>• THANKSGIVING!</li> </ul>	<b>Upcoming schedule</b>  <b>Raptor Madness:</b> Friday, 6-8 at the Nest!
					<b>Next week: Lots of ball</b> <ul style="list-style-type: none"> <li>Tue: 6-7:20 pm, CGMS A</li> <li>Wed: 8-9:30, ERHS 6</li> <li>Thu: 8:30-9:30, LRE</li> <li>Fri: 8:45-10, ERHS 1</li> <li>Sat/Sun: Farmington</li> </ul>