

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