

**Thursday 10.25.18 // 8-9:40 p.m. // CGMS A**

# “If it doesn’t challenge you, it won’t change you.”

8-8:20 CHALK	8:20-8:40	8:40-8:50	8:50-9	9-9:20	9:20-9:40
<b>Offense</b> <ul style="list-style-type: none"><li>• 41 (X, Special, Iso, Flip)</li><li>• Zipper (even front)</li><li>• Five (odd front)</li></ul> <b>Defense</b> <ul style="list-style-type: none"><li>• Pack Line M2M, Badge</li><li>• 2-3 (high/low)</li><li>• Squid (high/low)</li><li>• Amoeba (20)</li></ul> <b>BLOB</b> <ul style="list-style-type: none"><li>• Box, Triangle, X</li></ul> <b>SLOB</b> <ul style="list-style-type: none"><li>Wizard, Hi/Lo</li></ul> <b>Press break</b> <ul style="list-style-type: none"><li>• Wheel, 1 (man)</li><li>• Slash (zone)</li></ul>	<ul style="list-style-type: none"><li>• Ball handling without dribbling</li><li>• Jumping jack squats</li><li>• Superman, Superman swimmer</li><li>• Lunges with twists</li><li>• Mountain climbers</li><li>• Low and Slow D-Slides</li><li>• Circle box out (ball middle)</li><li>• Footwork (up and unders)</li></ul>	<b>Ball handling</b> (2 balls, full court, partners) <ul style="list-style-type: none"><li>• Explode-Pound</li><li>• Explode-Shotgun</li><li>• Zig-zag</li><li>• Forward/reverse</li></ul> <b>Get 50</b> (45 or 5 lefties) <ul style="list-style-type: none"><li>• 10 Perfects</li><li>• 10 Mikans</li><li>• 10 Reverse Mikans</li><li>• 10 Bradleys</li><li>• 10 Elbow Js</li></ul> <b>Defense</b> <ul style="list-style-type: none"><li>• Closeouts</li><li>• Explode-Explode</li><li>• Explode-Run-Explode</li></ul>	<ul style="list-style-type: none"><li>• 17 free throws in a minute (10 burpees if less than 17)</li><li>• 20 makes in 2 minutes (10 burpees if less than 20)</li><li>• Lane-Slide competition (10 burpees)</li><li>• 17 free throws in a minute (10 burpees if less than 17)</li><li>• Water break</li></ul>	<b>Olympic shooting</b> ( 3 groups of 3) <ul style="list-style-type: none"><li>• Jab and go layups (15)</li><li>• Shot fake and go layups (15)</li><li>• Relocate Js (10)</li><li>• 3s (10)</li><li>• Slide 3s (10)</li><li>• Gauntlet defense</li><li>• Grit</li><li>• Izzo Extra Pass (both ends)</li><li>• Water break</li></ul>	<ul style="list-style-type: none"><li>• Shell / no paint drills</li><li>• Raptor transition (free throw to start)</li><li>• 10 trips (guards/bigs)</li><li>• Junker 3v3 (5 minutes)</li><li>• 50-50 with conditioning</li><li>• 10 toes</li><li>• Friday: 7:30-8:45 ERHS 1</li></ul>

## PRACTICE NOTES