

Thursday 12.13.18 // 8-9:30 p.m. // ERHS 5

Reasons games are LOST: 1 Turnovers; 2 Poor Shot Selection; 3 Stupid Fouls; 4 Lack of Hustle on D, Rebounds; 5 Not Playing as a Team; 6 Lack of Execution

8-8:20	8:20-8:40	8:40-9	9-9:20	9:20-9:30	WRAP
Ball handling (2 balls, full court, partners) <ul style="list-style-type: none">• Pound, pound cross• Side/side, front/back• High/low, low/high• Fingers and Piano Get 50 (get 45 or 5 lefties) Warm up <ul style="list-style-type: none">• Half-court low and slow• Explode-Explode• Explode-Run-Explode• Vegas Closeouts• 2 min full-court layups• Lane touches contest	Guards <i>Ri, J, Jordan, Ty, Jack, Mason</i> <ul style="list-style-type: none">• Retreat dribble layups• Drive and kick / Iverson cuts• Ball tough 1v1 at 3 baskets• 3v3 w/coach as big Bigs <i>Bryce, Luke, Justin</i> <ul style="list-style-type: none">• Drop step, baby h, step thru• Pick and roll, pop, slip• Post 1v1 (block and elbow)• 2v1 beat the help <i>• FTs: Make 3 in a row game!</i>	Defense 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">• Gauntlet drill• 3v3 no paint drill • If time: How to defend in-bounds plays <i>• 17 free throws in 1 min</i>	Offense 41 <ul style="list-style-type: none">• Review spacing and decision making• Halfcourt 5v5• X, Flip, Spin 4-High Dice 3 guard (even front) 2 guard (odd front) <i>• 17 free throws in 1 min</i>	All together <ul style="list-style-type: none">• 2v2 pick a side• 2v2 closeouts• 4v3 disadvantage• 4v2 to 4v4• Cougar drill (4v4 no 4)• NBA Rebounding	<ul style="list-style-type: none">• 50-50 with conditioning• 10 toes Upcoming schedule THU: 8-9:30 ERHS 5 FRI: 8-9:40 Lake A (optional) SAT: Tartan 8 pm