

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 <i>(2 balls, full court, partners)</i> <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)	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 <p><i>FTs: Make 3 in a row game!</i></p>	Defense <p>6-pt. defensive drill</p> <ol style="list-style-type: none"> Under rim, closeout to wing Get in gap, stunt Wing back cut, pop out 3/4 front deny post up 2 passes away, stop drive Wing into D then 1v1 top key <p>One of the following</p> <ul style="list-style-type: none"> Gauntlet drill 3v3 no paint drill <p>If time: How to defend in-bounds plays</p> <p><i>17 free throws in 1 min</i></p>	Offense <p>41</p> <ul style="list-style-type: none"> Review spacing and decision making Halfcourt 5v5 X, Flip, Spin <p>4-High Dice</p> <p>3 guard (even front) 2 guard (odd front)</p> <p><i>17 free throws in 1 min</i></p>	All together <ul style="list-style-type: none"> 2v2 pick a side 2v2 closeouts 4v3 disadvantage 4v2 to 4v4 Cougar drill (4v4 no 4) <p>NBA Rebounding</p>	<ul style="list-style-type: none"> 50-50 with conditioning 10 toes <p>Upcoming schedule</p> <p>THU: 8-9:30 ERHS 5</p> <p>FRI: 8-9:40 Lake A (optional)</p> <p>SAT: Tartan 8 pm</p>