

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

PRACTICE NOTES