

Saturday 3.30.19 // 8-10 p.m. // Blast Hoops

“Navy SEALs say when you’re under pressure, you don’t rise to the occasion, you sink the level of your training. Train well.”

REMINDERS	8:30-9	9-9:15	9:15-9:30	9:30-10	10
Tonight's partners <ul style="list-style-type: none">• Jackson/Jordan• Tyler/Pete• DJ/KD• Brady/Jon• Bryce/OT What I expect from you <ul style="list-style-type: none">• Effort is a given• Be a GREAT teammate• Respect, body language• Listen, eye contact• Have FUN• Consequences What you can expect from us <ul style="list-style-type: none">• Practices harder than games• Positivity at all times• Process over results• Push so we don't cheat you Every practice <ul style="list-style-type: none">• 150 touches (August)• Conditioning (never walk)• Communication• Compound interest mindset• Competition in everything• Accountability• Make mistakes Games <ul style="list-style-type: none">• 10-player roster, minutes• All gas, no brakes• Suffocating defense• Scoring in transition• Team stats for games	Get 50 (10 each; 2 per hoop) <ul style="list-style-type: none">• 1-handed "perfect" shots• Mikan• Reverse Mikan• Bradleys• 1-2 step jumpers Ball handling stationary <ul style="list-style-type: none">• Pound-pound cross R/L• Vs: front-back, side-to-side• Inside out, inside out cross• Crossover ground skids• Combo: Cross/BT legs/back• Inside, middle, outside• Fingers and piano Ball handling moving <ul style="list-style-type: none">• Ball first spins tight and low• Side-step cross• 45° lunges between legs• Crab b/t legs up w right leg, back w left Two-ball handling <i>Speed lunges, lateral speed</i> <ul style="list-style-type: none">• Explode-Pound• Explode-P-P-Cross• Zig-zag (Zs not Ss)• Forward/reverse Partners (5 hoops) <ul style="list-style-type: none">• 20 makes in 2 minutes• Close-out 1v1 (5 reps each)• Ball tough 1v1• 17 FTs in 1 minute while tired	Defensive warm up <ul style="list-style-type: none">• Full-court low and slow• Explode-Explode• Explode-Run-Explode• Vegas Closeouts Jayhawk series <ul style="list-style-type: none">• To halfcourt, medium speed (then 1v1)• Recover, stop (chaser layup)• Sideline to elbow, shot fake, crossover (both sides)• 2v2: Recover, ball screen	Celtic series <i>Shooter vs. driver</i> <ul style="list-style-type: none">• 4v4 closeouts• X closeouts• 4v4 shot fake, drive• 4v4 drive, recover• 4v4 live (coach post) <ul style="list-style-type: none">• 3v3 no paint M2M principles <ul style="list-style-type: none">• Ball pressure• Traps (corners)• Gaps• In paint 2 passes away• On ball when it arrives	Offense <ul style="list-style-type: none">• 41 introduction Games to 5 <ul style="list-style-type: none">• Score counts with stop after• Random countdown Score in transition! <ul style="list-style-type: none">• 3-man transition• 5-man transition	Wrap up <ul style="list-style-type: none">• 50-50 with conditioning• EOG situation• 10 toes Bonus drills <ul style="list-style-type: none">• 35 second perfect passing• Oly shooting: 5x3 comp• Spurs .5 Drill (both ends?)• 3-man weave competiton Upcoming schedule <ul style="list-style-type: none">• Sat: 8-10 BH• Sun: 2-4 BH
		Don't play the drill. Play the game. See and react. Get to a point where doing things together (help defense, passing) is better than doing things individually (over dribbling; bad shots). Three phases of learning: 1) slow motion, then 2) reps, then 3) stress Passing: Great players look at you not to pass, but for you to backcut. Automatic. If not backcut, DHO. Same for receivers. Shooting: Aim small, miss small (no more "back of the rim")	INSTALLS Offense <ul style="list-style-type: none">• 41 (with actions)• 4-High (with actions)• FLOOD (vs. 1-3-1)• Weave, Horns, 5 out Defense <ul style="list-style-type: none">• Pack Line M2M, Badger• 2-3 (high/low)• Squid (high/low)• 1-2-2 press BLOB <ul style="list-style-type: none">• Box, Triangle, X, Four Low SLOB <ul style="list-style-type: none">• Wizard, Hi/Lo Press break <ul style="list-style-type: none">• Wheel, 100 (man)• Slash (zone)• Dice	WHAT WE WANT Shots we want <ul style="list-style-type: none">• Under hoop• Paint drives• 3-pointers• Transition• Second chances Defense <ul style="list-style-type: none">• Ball pressure, Traps, Gaps• In paint 2 passes away• On ball when it arrives Stats for games <ul style="list-style-type: none">• Kills (3 stops in a row; 8 per)• Hockey assists• Rebounds: OR % and DR %• Turnover +/-• Seconds per touch• Good shot percentage• Paint touches	