

Tuesday 10.09.18 // 8-9:30 p.m. // ERHS 4

“We start our training camp with fundamentals. We do “jump stops” every year. The pride in our work is what helps us prepare to win.” — Gregg Popovich

BALL HANDLING

8-8:05

10 reps each hand or 2-ball or for time

- Pound / pound hesitation
- Vs: front-back, side-to-side
- Inside out, inside out cross
- Crossover ground skids
- Between legs front, back
- Behind back
- Spin tight and low
- Fingers and piano

If time allows:

- Inside, middle, outside
- Side-step cross
- Crab b/t legs up w right leg, back w left

DEFENSE

8:05-8:25

- Bethel (3 lines): Low, slow & wide, closeouts, explode-explode, explode-run-explode
- Lane slides competition
- Shell / no paint drills
- Closeout help (pregame)

If time allows:

- No sheep drill
- Gauntlet drill
- Grit or Double Grit
- 4v4 baseline (Bethel)
- T-shirt 1v1
- Circle trap drill
- Bethel closeout series

PARTNERS

8:25-8:45

Get 50: 10 each (must make 45 or 7 “lefties”)

- 1-handed “perfect” shots
- Mikan, Reverse Mikan
- Bradleys
- 1-2 step elbow jumpers
- One or two of the following:*
- Shot fake, clip the hip on close out, reverse pivot, pass
- 1v1 push out from elbows
- 21 shooting competition
- Chaser layups
- Ball tough 1v1 *hold for 5 seconds, then 3 sec to score*
- Cone ball handling race

GUARDS

8:45-9:05

- IT floaters / Rondos
- Dribble pro hops / Barkleys
- Spins / Kyrie partial spins
- Tennis ball partners
- Heavy / regular ball combos
- Drive and kick / Iverson cuts
- Malik Allen pivots with pad
- Jab / Swing / Bully layups&Js
- Tight cone 1v1
- 2v2 or 3v3 situations
- 2 3s in a row, 9 spots, 90 sec.
- 100-point shooting: 5 spots 3, jumper, layup, 1-and-1; 4 quarters; grades A, B, C, D

BIGS

8:45-9:05

- Drop step & counter
- Hook & counter step through
- Elbow series / Barkleys
- Malik Allen pivots with pad
- Jab / Swing / Bully layups
- Jab / Swing / Bully jumpers
- Pick and roll, pop, slip
- Box out layups
- Post 1v1 (block and elbow)
- Box out 1v1 or 2v2
- Catch and finish (Hanlen)
- Double the Post (Hanlen)
- Post work (rebounder, 2 outlets, coach as passer)

ALL TOGETHER

9:05-9:25, one or two:

- 3-man weave competition
- 5-man weave to 3v2
- NBA rebounding drill
- 2v2 passing inside perimeter
- 3v0 ball reversals
- Full-court 3v3 (3 teams)
- Raptor transition (FT first)
- Full-court shoot, box out rebound (Drew Hanlen)
- Villanova / Michigan passing
- Oly shooting (32 3s in 2 min)
- 10 trips drill
- Get back drill
- 4 square shooting extra pass
- 4 square shooting quick pitch

FREE THROWS / 100

Between drills

- 17 in 1 minute
- 50-50
- Make 3 in a row
- 1-and-1, 1, 2, 3 situations
- Golf, alternate shot golf
- 1-min plank, 10 FTs (x3)
- Balance shooting

GAMES TO 100

- 10 points for fast break
- 10 points for off. rebound
- 10 points for a steal
- 1 point for every pass
- 1 point for DHO
- -10 for more than 3 dribbles

PRACTICE NOTES

WRAP UP

9:25-9:30

- SPEED
- 50-50 with conditioning
- 10 toes

Rest of week:

Wed 10/10, 8-9:30, ERHS 6
Thu 10/11, 8-9:40, Lake

This weekend:

TBD