

Friday 10.26.18 // 7:30-8:45 p.m. // ERHS 1

“If it doesn’t challenge you, it won’t change you.”

7:30-7:40	7:40-7:55	7:55-8:05	8:05-8:30	8:30-8:45	PRACTICE NOTES
Ball handling (2 balls, full court, partners) <ul style="list-style-type: none"> • Explode-Pound • Explode-Pound-Cross • 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"> • Full-court Closeouts • Full-court low and slow • Explode-Explode • Explode-Run-Explode 	Partners <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) • Chaser layups for 2 minutes (10 burpees for loser) • 17 free throws in a minute (10 burpees if less than 17) • Water break 	Olympic shooting (3 groups of 3) <ul style="list-style-type: none"> • Jab and go layups (15) • Shot fake, relocate Js (15) • Shot fake, Rondos (10) • 3s (10) • Slide 3s (10) • Water break 	<ul style="list-style-type: none"> • Raptor transition (free throw to start) • Grit • Izzo Extra Pass (both ends) • 100 passes (running 41) • Water break 	<ul style="list-style-type: none"> • Junker 3v3 (5-10 minutes) • 50-50 with conditioning • 10 toes <hr/> <ul style="list-style-type: none"> • Next week: Mon. Oct. 30, 8-9:30 ERHS 4 (Dave) Thu. Nov. 1, 8-9:30 ERHS 4 Fri. Nov. 2, 8-9:30 ERHS 4 • Coach clinic: Wed. Oct. 31, 8-10, ERHS 6 	

INSTALLS	FREE THROWS / 100	PARTNERS	SMALL-SIDED GAMES	DEFENSE	ALL TOGETHER
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, Badger • 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) 	Between drills <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Shot fake, clip the hip on close out, reverse pivot, pass, repeat • Passing drills • 20 makes in 2 minutes • Chaser layups • Ball tough 1v1 at wing <i>hold for 5 seconds, then 3 seconds to score</i> • Cone ball handling race • Partner passing series (George Karl) 	<ul style="list-style-type: none"> • 1v1 and 2v2 DHO with cone at the top of the key • 3v3 olympic shooting <i>jab-step or shot fake layups, relocate Js, 3s, slide 3s</i> • 2-man v-cut full court to backdoor cut and finish • 3v3 full court no dribble passing drill • 3v3 half court no dribble game • 3v3 pick and roll, pick and pop, pick and slip, screen, re-screen, backdoor cut 	<ul style="list-style-type: none"> • D-Time / first step series • Ranger 3v3 drill (coach on baseline) • No sheep drill • Gauntlet drill • Grit or Double Grit • 1v1 / 2v2 / 3v3 closeouts • T-shirt 1v1 • Circle trap drill • Shell / no paint drills 	<ul style="list-style-type: none"> • 3-man weave competitor • 5-man weave to 3v2 • NBA rebounding drill • 3-man, 8-ball WAR rebound • Half-court rebound, finish • 2v2 passing inside perimeter • 3v0 ball reversals • Full-court 3v3 (3 teams) • Full-court shoot, box out rebound (Drew Hanlen) • Villanova / Michigan passing • SPEED (25) • 10 trips (guards/bigs) • 22 layups in 2 minutes • Get back drill • 4 square shooting extra pass • 4 square shooting quick pitch