

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-cour 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)• <i>Water break</i>	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)• <i>Water break</i>	<ul style="list-style-type: none">• Raptor transition (free throw to start)• Grit• Izzo Extra Pass (both ends)• 100 passes (running 41)• <i>Water break</i>	<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 competition• 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/biggs)• 22 layups in 2 minutes• Get back drill• 4 square shooting extra pass• 4 square shooting quick pitch