

# “Patience and calm on offense. Chaos on defense.”

6:30-7	7-7:30	7:30-8	8-8:30	8:3-9	GAME PLAN
<b>Ball handling</b> (2 balls, full court, partners) <ul style="list-style-type: none"><li>• Pound, pound cross</li><li>• Side/side, front/back</li><li>• High/low, low/high</li><li>• Fingers and Piano</li></ul> <b>Get 50</b> (1 lefty for each miss)  <b>Defense warm up</b> <ul style="list-style-type: none"><li>• Half-court low and slow</li><li>• Explode-Explode</li><li>• Explode-Run-Explode</li><li>• Vegas Closeouts</li></ul> <ul style="list-style-type: none"><li>• 2 min full-court layups</li></ul>	<b>Partners</b> <ul style="list-style-type: none"><li>• Close-out layups</li><li>• 21 (layup, J, 3)</li><li>• 1v1 from under hoop to 5</li><li>• 17 FTs in 1 minute while tired</li></ul>	<b>Bigs</b> <i>Justin, Luke, Bryce, Jack</i> <ul style="list-style-type: none"><li>• GAUNTLET</li><li>• Defending the post</li><li>• 2v1 finishing drill</li><li>• Boxing out</li></ul> <b>Guards</b> <i>Ty, Jackson, Riley, Jordan</i> <ul style="list-style-type: none"><li>• GAUNTLET</li><li>• Get open without the ball</li><li>• Iverson cut</li><li>• 2v2 help defense</li></ul>	<b>Two groups or All Together</b> <ul style="list-style-type: none"><li>• 6-pt. defensive drill</li><li>• 50 made 3s in 4 minutes</li><li>• Offense</li><li>• BLOBs</li><li>• 3v2 to 3v3 transition</li><li>• NBA Rebounding</li><li>• Free throws</li></ul>	<b>Wrap up</b> <ul style="list-style-type: none"><li>• Down/back twice, frog jumps, 90° defense</li><li>• 50-50 with conditioning</li><li>• 10 toes</li></ul> <b>Upcoming schedule</b> THU: 6-7:20 Lake A SAT: Woodbury Tournament	<b>Offense</b> <ul style="list-style-type: none"><li>• 41 (X, Special, Iso, Flip, Spin)</li><li>• 4-High (w/variations like 44)</li><li>• 3 guard (even front)</li><li>• 2 guard (odd front)</li></ul> <b>Defense</b> <ul style="list-style-type: none"><li>• Pack Line M2M, Badger</li><li>• 2-3 (high/low)</li><li>• Squid (high/low)</li><li>• Amoeba (20)</li></ul> <b>BLOB</b> <ul style="list-style-type: none"><li>• Box, Triangle, X, Four Low</li></ul> <b>SLOB</b> Wizard, Hi/Lo <b>Press break</b> <ul style="list-style-type: none"><li>• Wheel, 1 (man)</li><li>• Slash (zone)</li><li>• Dice</li></ul>