

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 	<p>Get 50 (10 each; 2 per hoop)</p> <ul style="list-style-type: none"> 1-handed “perfect” shots Mikan Reverse Mikan Bradleys 1-2 step jumpers <p>Ball handling stationary</p> <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 <p>Ball handling moving</p> <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 <p>Two-ball handling <i>Speed lunges, lateral speed</i></p> <ul style="list-style-type: none"> Explode-Pound Explode-P-P-Cross Zig-zag (Zs not Ss) Forward/reverse <p>Partners (5 hoops)</p> <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 	<p>Defensive warm up</p> <ul style="list-style-type: none"> Full-court low and slow Explode-Explode Explode-Run-Explode Vegas Closeouts <p>Jayhawk series</p> <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 	<p>Celtic series</p> <p>Shooter vs. driver</p> <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 <p>M2M principles</p> <ul style="list-style-type: none"> Ball pressure Traps (corners) Gaps In paint 2 passes away On ball when it arrives 	<p>Offense</p> <ul style="list-style-type: none"> 41 introduction <p>Games to 5</p> <ul style="list-style-type: none"> Score counts with stop after Random countdown <p>Score in transition!</p> <ul style="list-style-type: none"> 3-man transition 5-man transition 	<p>Wrap up</p> <ul style="list-style-type: none"> 50-50 with conditioning EOG situation 10 toes <p>Bonus drills</p> <ul style="list-style-type: none"> 35 second perfect passing Oly shooting: 5x3 comp Spurs .5 Drill (both ends?) 3-man weave competiton <p>Upcoming schedule</p> <ul style="list-style-type: none"> Sat: 8-10 BH Sun: 2-4 BH
		<p>Don't play the drill. Play the game.</p> <p>See and react.</p> <p>Get to a point where doing things together (help defense, passing) is better than doing things individually (over dribbling; bad shots).</p> <p>Three phases of learning: 1) slow motion, then 2) reps, then 3) stress</p> <p>Passing: Great players look at you not to pass, but for you to backcut. Automatic. If not backcut, DHO. Same for receivers.</p> <p>Shooting: Aim small, miss small (no more “back of the rim”)</p>		<p>INSTALLS</p> <p>Offense</p> <ul style="list-style-type: none"> 41 (with actions) 4-High (with actions) FLOOD (vs. 1-3-1) Weave, Horns, 5 out <p>Defense</p> <ul style="list-style-type: none"> Pack Line M2M, Badger 2-3 (high/low) Squid (high/low) 1-2-2 press <p>BLOB</p> <ul style="list-style-type: none"> Box, Triangle, X, Four Low <p>SLOB</p> <ul style="list-style-type: none"> Wizard, Hi/Lo <p>Press break</p> <ul style="list-style-type: none"> Wheel, 100 (man) Slash (zone) Dice 	<p>WHAT WE WANT</p> <p>Shots we want</p> <ul style="list-style-type: none"> Under hoop Paint drives 3-pointers Transition Second chances <p>Defense</p> <ul style="list-style-type: none"> Ball pressure, Traps, Gaps In paint 2 passes away On ball when it arrives <p>Stats for games</p> <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