

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	DEFENSE	PARTNERS	GUARDS	BIGS	ALL TOGETHER
<p>8-8:05 <i>10 reps each hand or 2-ball or for time</i></p> <ul style="list-style-type: none"> • 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 <p><i>If time allows:</i></p> <ul style="list-style-type: none"> • Inside, middle, outside • Side-step cross • Crab b/t legs up w right leg, back w left 	<p>8:05-8:25</p> <ul style="list-style-type: none"> • Bethel (3 lines): Low, slow & wide, closeouts, explode-explode, explode-run-explode • Lane slides competition • Shell / no paint drills • Closeout help (pregame) <p><i>If time allows:</i></p> <ul style="list-style-type: none"> • No sheep drill • Gauntlet drill • Grit or Double Grit • 4v4 baseline (Bethel) • T-shirt 1v1 • Circle trap drill • Bethel closeout series 	<p>8:25-8:45</p> <p><i>Get 50: 10 each (must make 45 or 7 “lefties”)</i></p> <ul style="list-style-type: none"> • 1-handed “perfect” shots • Mikan, Reverse Mikan • Bradleys • 1-2 step elbow jumpers <p><i>One or two of the following:</i></p> <ul style="list-style-type: none"> • Shot fake, clip the hip on close out, reverse pivot, pass • 1v1 push out from elbows • 21 shooting competition • Chaser layups • Ball tough 1v1 <i>hold for 5 seconds, then 3 sec to score</i> • Cone ball handling race 	<p>8:45-9:05</p> <ul style="list-style-type: none"> • 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 • 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) 	<p>8:45-9:05</p> <ul style="list-style-type: none"> • 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) 	<p>9:05-9:25, one or two:</p> <ul style="list-style-type: none"> • 3-man weave competitor • 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