

Wednesday 1.9.19 // 8-9:30 p.m. // ERHS 3

“Love the process, and the process will love you back.”

8-8:20	8:20-8:40	8:40-9	9-9:30	9:30	PORTFOLIO
Ball handling <i>(2 balls, full court, partners)</i> <ul style="list-style-type: none">• Pound, pound cross• Side/side, front/back• High/low, low/high• Fingers and Piano	Partners <ul style="list-style-type: none">• Close-out layups• Chaser layups• 20 in 2 minutes• 1v1 from under hoop• 6-point defensive drill• 17 FTs in 1 minute while tired	Groups of 3 <i>Justin, Mason, Riley Bryce, Ty, Luke Jackson, Jack, Jordan</i> <ul style="list-style-type: none">• 50 made 3s in 4 minutes• Oly shooting <i>relocate Js, step back Js, 3s, slide 3s</i>• 3v2 to 3v3 transition	All together <ul style="list-style-type: none">• Offense vs. 2-3 zone• Offense vs. zone FC press• 6-pt. defensive drill• SPEED (25)• NBA Rebounding• Free throws	Wrap up <ul style="list-style-type: none">• 50-50 with conditioning• 10 toes Upcoming schedule FRI: 6:30-8 ERHS 5 TUE: 6:30-7:30 Newport 1 WED: 8-9:30 ERHS 4 SAT: Lakeville North	Offense <ul style="list-style-type: none">• 41 (X, Special, Iso, Flip, Spin)• 4-High (w/variations like 44)• 3 guard (even front)• 2 guard (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, Four Low SLOB <ul style="list-style-type: none">• Wizard, Hi/Lo Press break <ul style="list-style-type: none">• Wheel, 1 (man)• Slash (zone)• Dice
Get 50 (<i>1 lefty for each miss</i>)					
Defense warm up <ul style="list-style-type: none">• Half-court low and slow• Explode-Explode• Explode-Run-Explode• Vegas Closeouts• 2 min full-court layups					