

THURSDAY 5.10.2018 // 7:30-9:30 p.m. // Lake Middle (Gym C)

“Be the teammate you want others to be.”

BALL HANDLING	PARTNERS	GUARDS	TRANSITION / BLOB	OFFENSE	FREE THROWS
Simple 10: 10 reps each hand <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 • Inside, middle, outside • Side-step cross • 45° lunges between legs • Pound, jab forward, cross • Crabs b/t legs up w right leg, back w left 	Get 50: 10 each <ul style="list-style-type: none"> • 1-handed shots • Mikan, Reverse Mikan • Bradleys • 1-2 step jumpers <i>One or two of the following:</i> <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> 	<ul style="list-style-type: none"> • IT floaters • Rondos • Dribble pro hops • Kyrie partial spins • Ball first 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 • Tight cone 1v1 	<ul style="list-style-type: none"> • 10 trips drill • Get back drill • All 5 score in 30 seconds • 3-man transition drill • Press breaks <ul style="list-style-type: none"> * <i>Slash (against zone)</i> * <i>Wheel, 100 (against man)</i> • BLOBs / SLOBs <ul style="list-style-type: none"> * <i>X</i> * <i>Triangle</i> * <i>???</i> * <i>Hi / Lo</i> 	<ul style="list-style-type: none"> • Pick, roll, drive, reverse, hit 5 in lane; coach hits 3 for corner 3 and 1 for 3 after exchange; variations • 2v2 or 3v3 from various spots in different sets • 2 3s in a row, 9 spots, 90 sec. • 100-point shooting: 5 spots 3, jumper, layup, 1-and-1; 4 quarters; grades A, B, C, D • Offenses <ul style="list-style-type: none"> * <i>32</i> * <i>Lightning</i> * <i>FOUR</i> * <i>Zipper 3 (even front)</i> * <i>FIVE (odd front)</i> • FOUR: Top, Down, Up, Tech, Opposite, X, Special, 251 	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 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 -1 for more than 3 dribbles
SPEED / STRENGTH	SMALL-SIDED GAMES	BIGS	REBOUNDING	DEFENSE	WRAP UP
<ul style="list-style-type: none"> • Planks and push up to plank • Jumping jacks to air squats • Superman, SM swimmers • Lunges • Mountain climbers • Planks to sky • High knees • Sideline sprints with ball • SPEED (25) • 3-man weave (18) • Tight weave 	<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 • 4v4 Junker 	<ul style="list-style-type: none"> • Drop step & counter • Hook & counter step through • Elbow series • 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 • Tight cone 1v1 	<ul style="list-style-type: none"> • NBA rebounding drill • Half-court rebound, finish • 3-man, 8-ball WAR • The art of rebounding 	<ul style="list-style-type: none"> • D-Time / first step series • No sheep drill • Gauntlet drill • Grit or Double Grit • 1v1 / 2v2 / 3v3 closeouts • T-shirt 1v1 • Circle trap drill • Shell / no paint drills • Defenses <ul style="list-style-type: none"> * <i>Man, Badger</i> * <i>2-3 High /Low</i> * <i>Squid High / Low</i> * <i>House</i> 	<ul style="list-style-type: none"> • 50-50 with conditioning • 10 toes Rest of week: Wed-Thur, 7:30-9:30, Lake C This weekend: Battle at the Lakes, CDH, 10:40, 1:55 (BLUE)

PRACTICE NOTES