

TPP - Team Performance Plan

80% success rate on
defensive transition

fast run to half court
before turning around

Shell drill to learn
better defensive rotations

How long can you stay
in shell drill and
get it correct
usually a mistake in 7 sec.

String passing

Close out run

- want to make defender
turn his hips

Try to find ways for kids to
incrementally get better

if shot miss left + right - mechanical prob

if shot long / short - power problem