Sample Practice Plan

(School ends	at 2:50) Allotted time	llotted time till 4:30	
2:50-3:05	Clean floor – form shooting		
3:05	Stretching – ankles – lunges – V-cuts – backwards – kick outs		
3:10	Two Man Passing Drill – form and talk		
3:12	Individual Work – post moves & hi/lo / guards: ball handling vs pressure & threes		
3:22	Discussion – emphasis of day – Offense: swing the ball, Defense – take a charge		
3:25	Fast Break Drills - 3 Lane Rush – Figure 8 – Delay Man 3 on 3		
3:35	5 on 0 – Primary – all 5 score – transition 22 defense		
3:40	5 on 0 – Secondaries – Hi/Lo – Reverse Sit Down – Fist Lob – transition 32 defense		
3:47	5 on 5 – Rebound and Run – mix the start attack – primary or secondary or special		
3:55	ODO -5 on $5-22$ transition defense		
4:05	Free Throws – 2 at a time – partners – 5 in row – water break		
4:10	Defense Breakdown – 2 groups:	Hedge pick and roll Close outs, one on o	ne
4:20	4 on 4 – Defense half court – shell emphasis (take a charge) Offense, drive and kick		
4:27	Special Situations – down 2, 5 seconds left, length of court.		
4:30	Meet (weight room)		
	Tomorrow: 4:30 - 6	<u>Blue Shirts</u> 1. Austin 2. Dallin	<u>White Shirts</u> 1. Mark 2. Joel

2. Dallin
3. A.J.
4. Kurt
5. Matt

2. Joel 3. Willie 4. Jake 5. Eric

6. Jordan and Kyle

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