

Practice Plan For:

EMPHASIS OF THE DAY: Offensive: Catch the ball in triple threat - Be strong!

Defensive: Stay in the stance

THOUGHT FOR THE DAY: "One finger can't lift a pebble." - Hopi Tribal saying

<u>TIME</u>	<u>SUBJECTS</u>	<u>EMPHASIS</u>
3:30	4 Player V-Cut	Catch and face first. Dribble only when necessary. Start off rebound.
3:38	Dynamic Stretching / Thought	
3:45	Stations	Go game speed -- are you striving to be better today than you were yesterday
3:55	FT's / Water Break	Shoot 20 and chart
4:05	Split V/JV -- Game Plan	Hand out and discuss
4:10	Delay Offense	Situations. Handle the ball...pass before you are trapped...layups!!
4:25	Sideout	Show variation (low post flash/post -- opp. guard flash)
4:30	X	3 sec. on clock
4:35	Team FT's	4 out of 6
4:42	Press Break	2 stack / 4 across. Add extra defenders.
4:52 *	1/2 Court Offense - '4'	7 pts to 3 pts. Execute the offense - get ball in paint.
5:02	Delay Offense	Be aggressive but under control
5:12	Game Sit. - V up by 10 points	4 min. left in game. Do twice, sub as needed.
5:25	FT's	5 in a row go home.
	* Competitive	