

Orono Practice Plan 2 – Outline10-30-08

- 4:00 3 or 5 man weave
- 4:05 1 on 1 D full court $\frac{1}{2}$ speed $\frac{3}{4}$ full
- 4:10 Deny the wing with two defensive rotators up top/The offense should drive baseline when they get the ball with the helpside trapping and the top rotating down
- 4:20 2 man break lay up pull up and three
- 4:25 Deny the wing two passers up top ball side and helpside defenders
- 4:35 5 man break two wide wings post to the rim outlet to the point and a trailer Hit the wing for a lay up wing to post wing to trailer to wing cutting off a back pick from the post Spacing is key
- 4:45 2 man screening review straight and curl add fade and back cut
- 4:55 D shell with a cutter/ The passer cuts and the other players fill the open spots on O make sure the defense jumps to the ball and in front of the cutter. The defense should stay in proper helpside position if the cutter fills away from the ball
- 5:05 3 man rebound work on box outs and outlets
- 5:15 5 man motion or (**review your base offense you are running**) with a 2 guard front, the passer can cut to the basket or screen away. Look for proper spacing as the ball is passed. Other keys to watch for players away from the ball should be looking to fill, screen or use a screen when they don't have the ball
- 5:25 3 strikes motion O vs D if the O scores they keep the ball, If the D scores on a fastbreak the D gets the ball or if the d causes three offensive turnovers they get the ball. This drill allows the kids to work on both of the offensive and defensive skills they worked on earlier in practice