

Sample Practice Plan - 11-24-08

- 2:45 Stretch
- 2:50 Ball handling –Full Court
- 3:00 Passing- 2 man -outside hand-give and go-backdoor
- 3:15 Defense-zig zag full court 4 trips
- 3:20 1 on 1 full court ½ speed ¾ speed /full speed
- 3:25 Close out drill – close side/top/side / take a charge
- 3:35 Take the charge close out from help side and take the charge
- 3:40 Water
- 3:45 2 man break 1 layup 1 pull up jumper and 1 3 pt RH side and then LH side
- 3:50 Deny the Wing
- 4:00 D shell 4 on 4 jump to the ball take away cutters
- 4:15 2 man screening and shooting two passers hit cutter and screener for shots
- 4:30 Team O Nova and Illini
- 4:50 5 man Break 1. wing for lay up 2. Post for lay up 3. Wing to Post 4. Wing to Trailer to Post 5. Wing to Trailer to Opposite Wing Drive kick across to wing or dump to Post
- 5:10 Free throws & Conditioning