

11-25-08

- 3:00 Stretch
- 3:05 Ballhandling –Chairs four baskets
- 3:15 Passing- sweep & go give & go Sweep/dr/kick Back door dribble at defender/bdoor
- 3:30 Defense-zig zag full court 4 trips
- 3:35 1 on 1 Half court court stay on strong shoulder above the Ft line High Shoulder below the FT line
- 3:45 Close out drill –side/top/side / take a charge
- 3:50 Take the charge close out from help side and take the charge
- 3:55 Water
- 4:00 Deny the Wing
- 4:10 Defending ball screens step out and show and go over the top help side takes away roller
- 4:20 D shell 4 on 4 jump to the ball take away cutters and show on ball screens
- 4:15 2 man screening and shooting fades/ re screen & back cuts
- 4:25 2 on 2 ¼ crt
- 4:30 Team O Nova /pass /cut/ read Illini/screen/pass/cut/ screen/ re
- 4:40 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
- 4:50 5 on 5 3 strikes
- 5:10 3 man shooting 25 makes /each end/3 min
- 5:20 6 man lay ups 40makes each end / 4 min

