

PRACTICE PLAN

1/18/2021

2.25

FOCUS: Communication, Decision Making, Pace, Rebounding

GROUPS

| <u>Green</u> | <u>Black</u> | <u>Green</u> | <u>Black</u> | | |
|--------------|----------------|---------------|--------------|-----------|--------|
| Tristan | Login | Tristan | Login | Tristan | Login |
| Evan | DeVon | Evan | DeVon | Evan | Rylan |
| Rylan | Lucas | Canyon | Rylan | DeVon | Lucas |
| Canyon | Tanner | Tanner | Lucas | Tanner | Canyon |
| Christian | Elijah/ Nathan | Elijah/Nathan | Christian | Christian | Elijah |

Install

Coaching Focus

Coaching Focus

| <u>#1 - Individual Skill (5 min)</u> | Passing, Finishing | <u>#7 - Team Defense (40 min)</u> | Def- Communication, movement |
|--|--|--------------------------------------|---|
| Speed layups 5 | | Tank Back Row 5 | |
| GS w/ dummy D 5 | | Tank Top Row 5 | Def- Communication, movement |
| <u>#2 - Shooting (25 min)</u> | | Tank baseline overload 10 | |
| Over Backboard 5 | Coach English - proper Arc, and follow threw | Cannon 10 | |
| Catch and shoot 5 | | FC Man 10 | Offensive execution |
| 1 up 5 | | <u>#8 - Team (20 min)</u> | |
| 1 down 5 | Coach Feld- Passing and shot ready | Philly 5v5 man 10 | |
| Down up over 5 | | Philly 5v5 zone 10 | |
| <u>#3 - Team Skills (5 min)</u> | | <u>#9 - Shooting (15 min)</u> | |
| 5v5 Passing 5 | Off - Communication, movement, Decision making | Over Backboard 5 | Coach English: ball close to body, & goes up on a straight line |
| <u>#4 - Transition (5 min)</u> | | 1 up 5 | |
| 4 on 2 transition 5 | | 1 down 5 | Coach Felderhoff: ball close to body, & goes up on a straight line |
| 4 on 3 Transition 5 | Def- Communication, deny passing lane | | Coach English: |
| <u>#5 - Team Defense (10 min)</u> | | <u>#10 - Shooting (min)</u> | |
| 4v4 10 | Def- Communication, movement | | Coach Felderhoff: |
| <u>#6 - Team Defense (10 min)</u> | | | |
| Shell Def 10 | | | |

1 min lesson - Cancer- A cancer starts microscopic-tiny,tiny - it attaches itself to a healthy cell and grows and grows until it takes over the entire being-Death- A bad attitude is just like a cancer. Complains about something the coach said to them, Complains about a teammate, displays Negative body language when or after coach says something to them. Always eats away at the team

Shell - around the horn, Slot screen, Slot basket cut, Wing screen

Philly 5v5 first to 2 points win(3 scores in 5 possessions = 1 point)

5v3 - team of 3 shoot free throw then defends the team of 5 going in transition

Gap 3v3 slot middle

Gap 3v3 Slot/ Corner

Gap 4v4 Corner/slot
fill