

# PRACTICE PLAN

12/16/2020

2.42

**FOCUS:** Communication, Decision Making, Pace, Rebounding

## GROUPS

<u>Green</u>	<u>Black</u>	<u>White</u>	<u>Black 2</u>
DeVon	Evan B	Jose	Evan. B
Logan	Jos	Cameron	Kody
Canyon	Christian	Jonah	Caden
Nathan	Lucas	Owen	Wyatt
Rylan	Elija	Karson	Hagen Orrin

## Install

### Coaching Focus

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<b>#1 - Individual Skill (30 min)</b>	Def.-Contain and pressure, trap after 1st dribble	<b>#6 - Team Skill (15 min)</b>	Coach Eng - Zone off
Alley 1v1 10	Off.-Proper movement, execution	JV def. 15	<b>Coach Felderhoff:</b> JV Def.
Trap and recover 10		Varsity Zone off.	
Every days 10		<b>#7 - Team Defense (15 min)</b>	<b>Coach English: Zone Off</b>
<b>#2 - Transition (10 min)</b>	Coach English - getting to spots, proper movements	V vs JV Tank 15	<b>Coach Felderhoff: Tank movement, communication, Rebounding</b>
5v4 transition 10	Coach Feld- Defensive communication and rebounding (find - hit - get)	<b>#8 - Shooting (30 min)</b>	<b>Coach English: ball close to body, &amp; goes up on a straight line</b>
<b>#3 - Team Skills (30 min)</b>	Off. Control, Movement, Decision	ABC Going Up 10	<b>Coach Felderhoff: ball close to body, &amp; goes up on a straight line</b>
Hip 3v3 slot middle 10	Def- Communication, movement , rebounds	Slow to quick 10	
Hip 3v3 Slot/ Corner 10	Off. Control, Movement, Decision	Catch and up 10	<b>Coach English:</b>
Hip 4v4 Corner/slot fill 10		Def- Communication, movement , rebounds	<b>#8 - Shooting Skills ( min)</b>
<b>#4 - Team Play (15 min)</b>			
Philly 5v5 15			
<b>#5 - Individual Skill ( min)</b>			

**1 min lesson** - Within your control - Concern yourself only with what is within your control. your effort, your attitude, doing your responsibility, knowing your responsibility

Call Blobs: Horns up, down, 3, 4 head

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

5v4 - team of 4 shoot free throw then defends the team of 5 going in transition