

Canton South Basketball Practice Plan #1
“Selflessness, Communication, Maximum Effort”

Time	Drill or Activity	Purpose/Coaches Roles
4:15-4:25	<u>KSU Shooting (Goal is 90)</u>	Wings jump stop on the catch Communication (call out names!)
4:25-4:40	<u>Defensive Breakdown (Red v. White)</u> <ul style="list-style-type: none"> ● 5 ball closeouts ● 1 v. 1 team closeouts ● 3 v. 3 pass and cut, defending cutters ● 3 v. 3 ball screen (Work on Ice) 	Moving our feet (no hands!!) Scoring: Defensive clean stop(No off. Reb) is one point. Stay on Def. until scored on or give up off. Reb. First to 5 wins.
4:40-5:00	<u>Offensive Introduction (Red v. White)</u> <ul style="list-style-type: none"> ● Layer 1: Pass and Cut (5 on 0) <ul style="list-style-type: none"> ○ Give me one advantage of cutting slowly and lazy? ○ Hard, Hand, Head ● Go 5 on 5 in the half court (Keep score) <ul style="list-style-type: none"> ○ First to 8 	<u>Scoring</u> 2 points for 2 3 points for 3 3 points for offhand score 3 points for offensive rebound 5 points for charge
5:00-5:20	<u>Ssg (Compete and keep score) Winner Validates (Red v. White)</u> <ul style="list-style-type: none"> ● 3 v. 3 <ul style="list-style-type: none"> ○ Top, Wing, Corner ○ 1st: Score off of a Pass and Cut no dribble (Lay-Ups only) ○ 2nd: Score off of a pass and cut or drive. (Lay-Ups only) ○ 3rd: Score off of a pass and cut, drive, or penetrate and dish (Lay-Ups or Open Catch and Shoot 3's only) 	Emphasis: Cut: Hard, Hand, Head Allow the players to see the scoring opportunities off of the pass and cut action before introducing new actions.
5:20-5:26	<u>3 minute 3's/Post Shooting</u> Guards <ul style="list-style-type: none"> ● 3 minutes 3's (Goal is 30) Posts <ul style="list-style-type: none"> ● 1 v. 1 T-Ups ● 2 v. 2 T-Ups ● 1 v. 1 v. 1 (Play to 3) 	Butt down/Shot ready Posts work on finish
5:26-5:41	<u>5 v. 5 Blockout</u> <ul style="list-style-type: none"> ● Know who the 3 crashers are and the 2 get back guys ● '100 off' on makes(Man to Man Press) 	On defense: Communication, off-ball positioning, guard your yard!

	<ul style="list-style-type: none"> • Run for every offensive rebound 	On Offense: R&R Pass and Cut
5:41-5:55	<p style="text-align: center;"><u>5 v 5 (Score, stop, score, stop)</u></p> <ul style="list-style-type: none"> • First team to get a series of score, stop, score, stop wins 	Build a mentality to sustain runs
5:55-	<u>Free Throw to End it</u>	We, You, Me (Kam)

Notes/News

- Next practice 8-9:30 on Saturday
- Teams will be finalized on Tuesday
- Discuss shoes

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