

PRACTICE #	3	DATE:	11/21/2019	Emphasis/Focus:	
Pre- Practice:	Thankful Thursday			Attacking Closeouts	
Ladder	Odd	Scoring	Offense		
Color	Yellow			Fight for feet	Zone Offense
Warm-Up:	Dynamics - one minute drills				

Basketball Culture

#	Time:	Drill:	POE	POE	Kelly	Keven	Ryan	Morgan	Stephanie
	15	Pre-Practice							
	5	Warm ups -							
	10	1 Minute Drills	2 Feet	Names	Review Layers 1, 4 ,and 5				
	10	50 Game - Moving	Feet/Finish	Encouragement	Connect with kids around gym - POE - Keven Clock/Recording				
	10	Attacking Closeouts	Peek & Go		1v0, 1v1 guided def , 1v1 Long Closeout, 1v1 Short closeout				
	10	FIBA 3x	Hunt Paint	Compete	2 = layup & inside out 3 1 = all else -- Load - Peek, Paint Touch, Only layup or inside out				
	10	5LO	Feet/Finish	Encouragement	Connect with kids around gym - POE - Keven Clock/Recording				
	15	Intro Zone Offense (Layer 1)							
		- 5v0			Zone Adjustments 1. Pass & Cut > Hook & Look 2. Corners>Flank				
		- 3v0 Nail em, Flank em	Pass under/over						
		-3v2 Nail/Flank Read	Pass under/over		Be aware of who in zone is guarding you, top or bottom defender				
		-5v5							
	10	Union (Stationary)	Feet/Finish	Encouragement	Connect with kids around gym - POE - Keven Clock/Recording				
	15	Zone 5v5	Nail/Flank		3 pt=Flank 2 =Inside-Out 3's 1 = Everything Else Game to 9				
	5	Spotlights			Loads - peek, ball to nail/flank,				
120	5								

Post-Huddle:		Notes: 1 Minute Drills 1. Front/Rear Cut 2. Read Line 3. Natural Pitch 4. Safety Valve 5. Lane Slides A. Post B. Cutter
	5:30-7:45 Tomorrow	
Reminders		

Teams/Groups						Ladder	
1			2			1	Emily
Light	Dark	Penny	Light	Dark	Penny	2	Paige
Lexi H	Kiley		Cassidy	Reganne		3	Libby
Alli	Emily		Kenadi	Kirsten		4	Lexi H
Lexi K	Libby		Daisy	Taylor		5	Kenadi
Liv	Janessa		Demi	Kennedy		6	Riley
Kenadi	Sierra K		Karley	Taryn		7	Liv
Paige	Riley		Alexie	Grace		8	Demi
Claire	Chuck		Karsyn	Katrin		9	Alli
			Alyssa	Sierra W		10	Chuck
						11	Kiley
						12	Lexi k