

# DULUTH WILDCATS

## BASKETBALL PLAN SHEET (DAY 10)

DAY: FRIDAY
DATE: 11/10/17
TIME: 2:30-4:50PM

**Practice Objective: Get better daily in every drill, rep, etc. (Coaches meet after every practice)**

1. Implement defensive principles: Make sure we stress defense
2. Implement offensive principles: Make sure we discuss all options on offense/Repetition
3. Conditioning: Make conditioning a factor. Make sure we are dictating pace and doing drills at game speed.
4. Always start/add with what we went over yesterday (Review& Repetition)
<b>THEME OF THE SEASON: "Believe in, Buy in, Lock in, All in."</b>
<b>H.A.R.D=Honest, Accountable, Respect, Discipline</b>
<b>Emphasis: Tempo/Pace, Leadership, Expectations, Sec. Break, Off, Def principles</b>
<b>Tomorrow things to cover: Team Fee \$400/Team Photo Shoot with TY Friday 5:30pm/Practice 7am-9am tomorrow/JV bus leaves at 12:15pm be here at (Stroud)</b>

### Practice Schedule:

2:30 (13 mins)	5 dribbles to score then 2 ball dribbling then 2 man pass up then 3 man weave then 3 on 2/2 on 1 continuous (-2 for TO & Pts for makes)
2:43 (5 mins)	Jump stop passing then 5 star passing: Switch sides daily
2:48 (4 mins)	<b>28 in 2</b> (1 ball) Goal:25/UCLA/78 in 2 both sides/GSW (60)/Nike (30)
2:52 (4 mins)	<b>Passing Drill (Anderson)</b>
2:56 (4 mins)	<b>Keyhole Shooting:</b> 4 balls start like continuous must make 30 in 1:30 then sprint to other end must make 5 in a row in 1:30 then sprint to other end must make 20 in 1:00
3:00 (7 mins)	<b>Press Breakers:</b> Eagle/Eagle Opposite/Across: <b>Install Eagle Go and Special</b>
3:07 (7 mins)	<b>1 on 1 Zig Zag or Zig Zag Drill:</b> 8 secs to make it (Coach at end, start and HC): Cones separating alleys: defense gets steal/deflection or stays in front they win/Offense beats them they win/Loser has 10 pushups
3:14 (4 mins)	<b>Jump to the ball (Stroud): Both Sides</b>
3:18 (4 mins)	<b>Sully Closeouts (Anderson):</b> 4 around paint must touch hands then closeout, then add 2 dribbles then add post entry (remember to switch how they go: cross, x, etc. daily)
3:22 (3 mins)	<b>3 line Closeouts: No face cuts and big steps</b>
3:25 (5 mins)	<b>3 man weave rebounding &amp; finishing</b>
3:30 (7 mins)	<b>SLOB: Black/Brown: Install Silver</b>
3:37 (3 mins)	<b>Maryland Shooting (53) Left</b>
3:40 (4 mins)	<b>70 Pt FT Drill</b>
3:44 (4 mins)	<b>4 on 4 shell no dribble:</b> Add dribble/Cuts (1) 2 <sup>nd</sup> week
3:48 (6 mins)	<b>44 Work 5 on 5 shell (3 teams): 5 pts or 3 stops</b>
3:52 (7 mins)	<b>NY Knicks Drill (Stroud)</b>
3:59 (7 mins)	<b>BLOB: A, B, C, X, Y Install: S vs Man or Zone</b>
4:06 (5 mins)	<b>Install Zone O; BC &amp; Michigan</b>
4:11 (6 mins)	<b>20 Work (Coach Anderson): Count score and stops</b>
4:17 (5 mins)	<b>Continuous Shooting</b>
4:22 (5 mins)	<b>100 Work</b>
4:27 (10 mins)	<b>Offense work: Miss., Xavier, SMU, Texas, Wichita( 1min a piece) Install: Alcorn (end of quarter, half, game)</b>
4:37 (3 mins)	<b>Drive and Kick Shooting</b>
4:40 (4 mins)	<b>100 Shots Drill</b>
	<b>Quote: "Remember that basketball is a game of habits. If you make the other guy deviate from their habits, you've got them."</b>
	Time and score situations 1 <sup>st</sup> : One point lead with 30 seconds remaining, you have the ball. 1 timeout. 2 <sup>nd</sup> : 2 point lead with 60 seconds remaining, opponent has the ball. 1 timeout. 3 <sup>rd</sup> : Score is tied with 1:15 remaining. 2 timeouts, opponent has the ball. 4 <sup>th</sup> : Down 4 points with 2 minutes remaining, 1 timeout, you have the ball. 5 <sup>th</sup> : Down 3 points with 30 seconds remaining, 1 timeout, you have ball.