

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)
THEME OF THE SEASON: "Believe in, Buy in, Lock in, All in."
H.A.R.D=Honest, Accountable, Respect, Discipline
Emphasis: Tempo/Pace, Leadership, Expectations, Sec. Break, Off, Def principles
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)

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)	28 in 2 (1 ball) Goal:25/UCLA/78 in 2 both sides/GSW (60)/Nike (30)
2:52 (4 mins)	Passing Drill (Anderson)
2:56 (4 mins)	Keyhole Shooting: 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)	Press Breakers: Eagle/Eagle Opposite/Across: Install Eagle Go and Special
3:07 (7 mins)	1 on 1 Zig Zag or Zig Zag Drill: 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)	Jump to the ball (Stroud): Both Sides
3:18 (4 mins)	Sully Closeouts (Anderson): 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)	3 line Closeouts: No face cuts and big steps
3:25 (5 mins)	3 man weave rebounding & finishing
3:30 (7 mins)	SLOB: Black/Brown: Install Silver
3:37 (3 mins)	Maryland Shooting (53) Left
3:40 (4 mins)	70 Pt FT Drill
3:44 (4 mins)	4 on 4 shell no dribble: Add dribble/Cuts (1) 2 nd week
3:48 (6 mins)	44 Work 5 on 5 shell (3 teams): 5 pts or 3 stops
3:52 (7 mins)	NY Knicks Drill (Stroud)
3:59 (7 mins)	BLOB: A, B, C, X, Y Install: S vs Man or Zone
4:06 (5 mins)	Install Zone O; BC & Michigan
4:11 (6 mins)	20 Work (Coach Anderson): Count score and stops
4:17 (5 mins)	Continuous Shooting
4:22 (5 mins)	100 Work
4:27 (10 mins)	Offense work: Miss., Xavier, SMU, Texas, Wichita(1min a piece) Install: Alcorn (end of quarter, half, game)
4:37 (3 mins)	Drive and Kick Shooting
4:40 (4 mins)	100 Shots Drill
	Quote: "Remember that basketball is a game of habits. If you make the other guy deviate from their habits, you've got them."
	Time and score situations 1 st : One point lead with 30 seconds remaining, you have the ball. 1 timeout. 2 nd : 2 point lead with 60 seconds remaining, opponent has the ball. 1 timeout. 3 rd : Score is tied with 1:15 remaining. 2 timeouts, opponent has the ball. 4 th : Down 4 points with 2 minutes remaining, 1 timeout, you have the ball. 5 th : Down 3 points with 30 seconds remaining, 1 timeout, you have ball.