

# DULUTH WILDCATS

## BASKETBALL PLAN SHEET (DAY 48)

DAY: TUESDAY
DATE: 2/20/18
TIME: 2:30-4:15PM

**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: Take care of your bodies/believing and preparing to win doesn't start Wednesday starts NOW</b>

**Practice Schedule: Nice Casual Dress for school, Warmups for bus ride, Purple uniforms, Shootaround is at 4:45pm**

2:30 (10 mins)	5 dribbles to score then 2 ball dribbling then 3 man weave then 3 on 2/2 on 1 continuous (-2 for TO & Pts for makes)
2:40 (2 mins)	28 in 2 (1 ball) Goal:25/UCLA/78 in 2 both sides/GSW (60)/Nike (30)
2:42 (3 mins)	Weave into 2 on 1
2:45 (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
2:49 (2 mins)	<b>Nike Drill</b>
2:51 (3 mins)	Maryland Shooting
2:54 (4 mins)	Offensive Sets: 1 (SMU), 2 GA), 3 (Mississippi), FT Break into 3 (Mississippi)
2:58 (1 mins)	<b>Close and Clip Drill</b>
2:59 (2 mins)	<b>Jump stop Passing</b>
3:01 (5 mins)	<b>4 on 4 Circle Drill</b>
3:06 (5 mins)	<b>Shell Drill: Emphasis on handoffs and high ballscreens</b>
3:11 (5 mins)	<b>Spivey Drill from yesterday where they cross matchup</b>
3:16 (4 mins)	<b>4 person 2 ball shooting (3's then one dribble pull ups 1:30 mins a piece): Lamont (Matt B), KJ, Trent, Mo/Adam, Blue, Bell, Najee/DJ, Will, Mike, Connor/Hector, JJ, Ben, Trey</b>
3:20 (2 mins)	<b>28 in 2</b>
3:22 (5 mins)	<b>4 on 3</b>
3:27 (4 mins)	Offensive Sets: Horns (Texas), 4 (Utah), 5 (Arkansas), 10 (Xavier)
3:31 (5 mins)	<b>Transition Line Drill</b>
3:36 (4 mins)	<b>Continuous Shooting</b>
3:40 (5 mins)	<b>3-2 work: 9 pts or 4 stops</b>
3:45 (4 mins)	<b>Drive and kick shooting</b>
3:49 (4 mins)	<b>1-3-1 work: 7 pts or 3 stops</b>
3:53 (6 mins)	<b>100 Shots</b>
	<b>Make 25 FT's before you leave</b>
	Quote: <b>"Think about giving up a few things that you like in order to chase that ONE thing you LOVE...Being a Champion."</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.
	<b>Offensive Sets (Man): SMU, SMU Special, Georgia, Georgia Special, Utah, Arkansas, Xavier, Texas, Texas 2, Texas Special</b> <b>(Zone): Carolina, BC, Iowa, Michigan, Bama</b> <b>BLOB: A, B, C, X, I, MG, S, X, Y</b> <b>SLOB: Black, Brown, Blue</b>