

THURSDAY, SEPTEMBER 21

PRE-PRACTICE

11:00 TALK

- DEFENSIVE SITUATIONS
 - ELBOW RIP
 - VEER BACKS & BLACKS = SCRAM?
- OFFENSIVE TEACHING POINTS
 - P&R = 2 DRIBBLES OFF THE PICK?
 - CUTS ETC. = SHOW TARGET
- ENERGY HAS BEEN GREAT = KEEP IT UP TODAY AND TOMORROW = GET READY TO GO
- TODAY'S SCHEDULE
- SAME TIME TOMORROW?

11:05 WARMUP

11:20 30/30 = 20 MINUTES OF SHOOTING

- **LIFT** = LANGSTON, BULLOCK, STANLEY, LUIS, TOBIAS, JON, HENRY, AT
- **AARON & MALIK** = ERIC, LANDRY
- **OTIS & CHARLES** = DEREK, DWIGHT
- **BOB & TIM** = ISH, REGGIE J.
- **REX & TJ** = LUKE, AVERY
- **DEFENSIVE WORK @ 10:00 ON CLOCK** =
 - **REX & CHARLES** = REGGIE ?
 - **AARON, MALIK, OTIS** = ERIC, LANDRY, DEREK
 - **BOB, TIM, TJ** = AVERY, ISH, LUKE, REGGIE ?
 - **DRILLS**
 - POST DEFENSE = ANY SITUATION, BUT GET THEM TO A RED & THEN BACK IN
 - 1 ON 1 ON PERIMETER
 - TEACHING POINTS DISCUSSED IN MEETING

11:50 SWITCH GROUPS =

- **CHARLES & AARON** = HENRY, TOBIAS
- **OTIS & MALIK** = AT, JON
- **BOB & TIM** = STANLEY, BULLOCK
- **REX & TJ** = LUIS, LANGSTON
- **DEFENSIVE WORK @ 10:00 ON CLOCK** =
 - **REX & CHARLES** = LANGSTON
 - **AARON, MALIK, OTIS** = FORWARDS
 - **BOB, TIM, TJ** = GUARDS

12:25 SWITCH COUNTERS = ALL AT ONE BASKET

- **JORDAN, JERRY, AARON** = DEFENSE
- **EMPHASES** =
 - ATTACK BIGS ON PERIMETER WITH CUTS, DRIVES, DRIVE & KICK AT THEM, GET THEM UP ON SHOT FAKES AFTER
 - LOOK FOR CUTS = SWITCHING TEAMS ARE HEAD TURNERS
 - MAKE PLAYS = BACKING IN BIG VS. SMALL OR BREAKING DOWN BIGS ON PERIMETER = DRAW A 2ND DEFENDER & GET BEST SHOT FOR OUR TEAM (REVIEW SHOTS WE WANT)
 - KICK ASS ON THE GLASS
- **SWING THRU BIG TO DHO BLACK**
 - BACKCUT & KEEP
 - HIT BIG POSTED =
 - DELIBERATE BACK IN = LOW BODY, LOW BALL (LOOK FOR OPPORTUNITIES TO CUT)
 - BOOMERANG TO P&R + SLIP (OR WITH 5 = BOOMERANG TO ICE AND CAN DO SAME WITH 4)
 - THROW AHEAD = CAN POP OR ROLL
 - DRIVE & KICK AT BIG OR LOOK AT SWITCH
 - 5 SEAL OR BOOMERANG TO ICE (GUARD SHOULD BACK UP)
 - 4 CHEST & SLIP OR P&R AND SLIP
- **HI PICK & ROLL** = 4 TO NAIL, 5 ROLL
 - HIT 4 AT NAIL =
 - ICE (CUT VS. SHRINK)
 - BOOMERANG TO P&R = SLIP
 - HIT 5 ON ROLL
 - THROW AHEAD = BIG TO POST
 - HIT BIG
 - DRIVE & KICK AT BIG
 - BOOMERANG TO ICE

12:45 REVIEW BLACK DEFENSE

- BLACK NOT SAME AS SWITCH
- P&R =
 - PLAY BALL SQUARE = DO NOT LOOK FOR SCREEN
 - ATTACHED TO SCREENER
 - SWITCH IF HE STOPS TO SET SCREEN = WHETHER HE DOES OR NOT
 - IF HE SLIPS, CALL THE SLIP
- DHO =
 - SAME BODY POSITION
 - PUSH TO BALL
 - COME TOGETHER
- PIN DOWN =
 - STAY BETWEEN SCREENER & BASKET AND BE ATTACHED (OFFENSE = SCREEN OWN MAN)
 - COME TOGETHER
- CHEST =
 - STAY BETWEEN SCREENER & BASKET

12:55 3 ON 3 GAMES = BLACK ALL P&R + DHO

- TEAMS =
 - WHITE = HENRY, STANLEY, AVERY
 - RED = REGGIE, LUKE, TOBIAS, LANDRY
 - BLACK = JON, ISH, LUIS
 - ORANGE = AT, DEREK, DWIGHT, BULLOCK
- JERRY = CLOCK = 3:30
- JUST COUNTING WINS TODAY
- SAME SCORING IN THE GAMES
- WEIGHT ROOM END =
 - BOB & TJ = OFFENSE
 - TIM & AARON = DEFENSE
- EXECUTIVE END =
 - REX & MALIK = OFFENSE
 - OTIS & CHARLES = DEFENSE
- SCHEDULE =
 - GAME 1 = SWING TO DHO
 - WHITE VS. RED/BLACK VS. ORANGE
 - GAME 2 = HI P&R = WING IN STRONGSIDE CORNER
 - RED VS. ORANGE/BLACK VS. WHITE
 - GAME 3 = SIDE P&R, WEAKSIDE PERIMETER IN SLOT
 - BLACK VS. RED/WHITE VS. ORANGE
 - GAME 4 = WHATEVER YOU WANT
 - 1 VS. 4/ 2 VS. 3
 - GAME 5 = WHATEVER YOU WANT
 - GOLD MEDAL/BRONZE

1:20 YOGA