

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

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- **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 ?
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