

Practice: Nov 12 Thursday "Keep me in the moment"

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
7:00	-	SES	
7:15	7:00	JR/Stretch/Huddle	
7:20	15:00	Defensive Drill	Josh/Shy
7:30	10:00	Transition 5 in 5	layups,3s,offense
7:40	10:00	FT	Syd
7:50	10:00	Guard/Post breakdown	Shots shots shots everybody
8:00	10:00	O breakdown	Team 1 / Team 2 (flip@5mins) (Chase on team 2)
8:10	2:00	FT	Oni
8:12	10:00	Lina Trans.	5 v 5 (only m2m D) Team 1 v Team 2 loser run after each poss.
8:25	10:00	Live	1 live quarter
8:35	10:00	FT (11/15)	

**Notes:**

- Team pics at 4 today
- notebooks
- Christmas gift for Angel baby  
- 3 teams of 5 (toys, clothes, books)

**O breakdown:**

**JM** - 1-4 highs

**Shy** - Ohio/Buckeye (Show bang bang action in Ohio.  
Show Buckeye action .. wait for reversal to allow  
Defense to get in front)

**Bully:** entry to 4 only? Flare screen pg

**Back:** enter to 4, fake handoff pg

**Wyoming:** entry to wing opp of 5. Pg space opp

**Carolina Teams**

<b>Team 1:</b>	<b>Team 2:</b>
Chase	Brooke
Oni	Syd
Jayden	Sav
jens	KW
jazz	Jada
ken	Alera
Roni	Tori

**Live teams:**

<b>Team 1:</b>	<b>Team 2:</b>
Oni	Brooke
Syd	Chase
Jayden	Sav
Kw	Jens
Jada	Jazz
Tori	Dani
Ken	Roni
	Alera

Practice: Nov. 2 Monday

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
2:00	-	SES	
2:00	7:00	JR/Stretch/Huddle	
2:07	3:00	Pistol drill	coaches in 4 rack spots (2D out)
2:10	3:00	Stunt at Dribble	Coaches are Dribblers
2:13	15:00	Killer Drill	4 made layups (LT&RT)
2:25	12:00	13 Breakdown	Split (Josh - 3 in key)
		*6 mins switch (5's stay)	(Shy - Bumps, 4 out)
2:30	2:00	FT	Jensen
2:35	15:00	Duke Transition	Green V Gold
2:50	2:00	FT	Dani
3:00	10:00	ODO	Whose Hole? 13 m2m
3:15	4:00	Film	

**NOTES:**

- Syd towel pushes before film
- Vote tmrw (it's your right - you're getting older, more than ever who is in charge will effect the way you live). Don't discuss who each other is voting for.
- Off tmrw (come get shots / film etc)

**ODO**

Team 1:	Team 2:
1(oni)	(Chase)
2(Brooke)	(Syd)
3(Jayden)	(Sav)
4(KW)	(Jens)
5(Jada)	(Jazz)
6(Alera)	(Ken)
7(Tori)	(Dani)
	8(Roni)

**Film takeaways:**

- 37% from the field (79% 96/122 shots were 0 or 1 pass and shot)
  - work the ball!
- TO's we had 40 against a really low pressure defensive day
- FT's we were 20/31 (64%)
- Left hands (we've got to be able to use both sides of the floor)
- Crash 4, 1 back
- Tempo (no more jogging the ball up the floor)
- We're not good enough offensively to be this bad defensively
- Did you do the intangibles every play? Or only when it was easy?

Practice: Nov 4 Wednesday

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
3:15	-	SES	Elevator Speech
		Sarah	
3:30	7:00	JR/Stretch/Huddle	
3:40	4:00	6 Spot layups	Every Miss is D&B (2min,flip)
3:50	2:00	FT	Sav
3:55	5:00	Transition Demo	New rule into
4:00	10:00	5 in 5 transition	5 trips 5 scores (layups,3s)
4:15	10:00	5 min splits	JM - 13 work MJ/Shy - O/P (bolt intro)
4:25	10:00	5 min splits	Shy/G - Shots. MJ/JM - Skeleton
4:35	2:00	FT	
4:40	4:00	Transition ->5v5	Rack
4:44	4:00	Transition ->5v5	50/40 series
4:48	4:00	Transition ->5v5	Ohio (Reg, Bolt, Push)
4:52	4:00	Transition ->5v5	Power (Reg, Bolt, Push)
4:56	4:00	BLOB scrimmage	Tecca, Up, 45 (Put in Back)

**Notes:**

3 measurable standards to Me by end of the week  
 Early am tmrw (sleep habits, weather attire)  
 Struggling with plays / defense - come see us  
 Good work on extra shots

**Team 1:**

Green

**Team 2:**

Gold

\*Chase rotate

**Transition:**

-1 brings it, 2's right side, 3's left side

**5 in 5 transition**

**Layups**

ahead 2

ahead 3

ahead 2 skip slot 4

ahead 3 skip slot 1

ahead 2 rim run 5

**Three's**

ahead 2

ahead 3

ahead 2 skip slot 4

ahead 3 skip slot 1

ahead 3 rim run 5

**New today:**

Transition

Bolt (ohio, Power)

Push options

Back options

BLOB

Practice: Nov 5 Thursday

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
7:00	-	SES	
7:10	7:00	JR/Stretch/Huddle	
7:15	6:00	Celtic Shooting	3 spots
7:20	6:00	Stanford	3mins each side (150+)
7:26	2:00	FT	H20
7:30	10:00	5 in 5 transition	5 trips 5 scores (layups,3s,rack)
7:40	10:00	5 in 5 transition	5 trips into offense (can we get into w/o 1 having to start)
7:50	15:00	Guards/Post	JM - 4's/5's Ball screen scores Shy- 1-3's Ball screen scores
8:05	10:00	13 v C.O -> 5 v O transition	Warrior is hole
8:15	15:00	Skeleton	All O & BLOBS (Shy Tecca Back&Pop)
8:30	4:00	4 min shooting	80

**Notes:**

Gym is open today until 2.  
Presidential status?

**Practice 4: Wednesday 10.21**

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
4:10	2:00	<b>Captain Vote</b>	Top 3
4:15	7:00	<b>JR/Stretch/Huddle</b>	
4:25	5:00	<b>Transition Layups</b>	Josh Drill
4:30	10:00	<b>Celtic shooting</b>	Mid range, 3, backdoor. (3 spots. 20 makes).
4:40	2:00	<b>FT</b>	Jayden
4:45	8:00	<b>Sun's weave drill</b>	3 man weave into 2v1 (shooter back)
4:53	8:00	<b>Sun's weave drill</b>	5 man weave into 3v2 (shooter and last pass back)
5:00	2:00	<b>FT</b>	Dani
5:05	10:00	<b>Halfcourt</b>	Teach 50 & 40 series -> into rack
5:15	15:00	<b>ODO</b>	Team 1 , Team 2
5:30	-	<b>Loser's run</b>	Drink
5:35	3:00	<b>35 in 3</b>	
5:40	5:00	<b>FT</b>	70%
		<b>SES</b>	

**Notes:**

Sun's weave - pass to where help came from  
 "40" series - 4 always role out.  
 "50" series - 4 always goes corner to create triple gap.

**Team 1:**

Syd  
 Chase  
 KW  
 Jayden  
 Jens  
 Ken  
 Jazz

**Team 2:**

Oni  
 Brooke  
 Sav  
 Alera  
 Roni  
 Dani  
 Jada  
 Tori

**Practice 5: Thursday 10.22**

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
7:15		<b>SES</b>	
7:30	7:00	<b>Stretch/Huddle</b>	
7:40	6:00	<b>Full Court BH</b>	Shy (get them movin')
7:45	14:00	<b>Olympic rack shooting</b>	Teams of 3 (2 BH stations, JR station)
8:00	2:00	<b>FT</b>	JT
8:02	5:00	<b>BLOBS</b>	Tecca 45, Tecca "name", Tecca Up
8:05	5:00	<b>Halfcourt</b>	Review 40/50's , teach "power"
			5's seal, 4 delay dive to allow post
8:10	10:00	<b>Competition shooting</b>	kickups L/R drive, kickups L/R shot.
8:20	3:00	<b>35 in 3</b>	

**Notes:**

Practice 4 to 6 block (we will start at 4:15 with stretch - SES after).

Captain vote = talk to individually

Struggling with plays still = come see us

Team 1 (Oni, Sav, Jada)

Team 2 (Brooke, KW, Jazz)

Team 3 (Chase, Jayden, Tori)

Team 4 (Jens, Roni, Dani)

Team 5 (Syd, Ken, Alera)

From rack spots

1) rim finish

2) mid range PUJ's

3) 3's

**Practice 1: Thursday 10.15**

<b>Time</b>	<b>Drill</b>	<b>Drill</b>	<b>Emphasis</b>
		<b>SES</b>	After practice
7:15	7:00	<b>JR/Stretch/Huddle</b>	
7:25	5:00	<b>Horseshoe</b>	2 ends (10 makes best of 3) Team 1 v Team 2
7:30	IH8EXCEL	<b>Rack Finishing (teach, split)</b>	(Gs) 1,2 kickup drive (Ps) 1,2,5 kickup drop (Gs) 1,2 Backdoor score (Ps) 1,2,5 backdoor MAC up (Gs) 1,2,3 Kickup kickout shot (Ps) 1,2,3,5 Kickup,kickout,drop (Gs) 1,4 Fill behind (Ps) 1,4,5 Fill behind drive, drop (Gs) 1,2,4,3 Ahead Slot skip +1 shot (Ps) 1,2,3,4,5 slot skip +1 seal (Gs) 1,2,3,4 (4 passes - score) (Ps) 1,2,3,4,5 (4 passes - score)
		<b>Rack Breakdown</b>	Show/Rep: Ahead slot skip +1 - dive/fill .. Kickup not viable option)
8:00	10:00	<b>Halfcour 5v5</b>	Team 1 (Oni, Syd, Ken, KW, Roni, Dani, Jada, Tori) Team 2 (Chase, Sav, Brooke, Alera, Jayden, Jens, Jazz) *Emphasis - pass where help came from!! Downhill ATTACK (shoulders)
8:10	5:00	<b>Everyone shoot 10 FT (SES)</b>	

**Notes:**

Covid testing Hayes art gallery 8a tmrw for those of you who need it.

Practice tomorrow 4p - team dinner/meeting at Coach Mir's tmrw (shower's first, carpool, jacket).

Gym is now open for you to come in and shoot - you will need temp checked by a coach so give us a heads up

**Practice 2: Friday 10.16**

<b>Time</b>	<b>Drill</b>	<b>Drill</b>	<b>Emphasis</b>
		<b>SES</b>	
4:00	7:00	<b>JR/Stretch/Huddle</b>	
4:10	4:00	<b>6 spot</b>	40 makes (switch sides)
4:15	-	<b>Stanford (rt/lft)</b>	120 (2s,3s clock count up)
4:25	2:00	<b>FT</b>	Tori
4:30	6:00	<b>Transition</b>	
4:40	10:00	<b>Transition -&gt; rack</b>	4 passes to score
4:50	2:00	<b>FT</b>	KW
4:55	5:00	<b>BLOBS</b>	Tecca , Tecca Up
5:00	5:00	<b>Split teams 5 on 0 rack review</b>	coaches call out uncomfortable looks (skips, dive/fill, etc)
5:05	10:00	<b>ODO</b>	Start from circle (make vs miss - 4's ALWAYS take it out)
5:15	10:00	<b>LIVE (Running clock)</b>	Live (mix up teams throughout)
5:30	-	<b>Huddle</b>	losers' run

Notes:

**Team 1** (Oni, Sav, KW, Alera, Dani, Jayden Tori)  
**Team 2** (Chase, Roni Syd, Brooke, Ken, Jens, Jada)



Practice Tuesday 10/13

<u>Time</u>	<u>Drill</u>	<u>Drill</u>	<u>Emphasis</u>
		<b>SES</b>	
2:00	7:00	<b>Stretch/Huddle</b>	
2:08	3:00	<b>Jump Ropes</b>	
2:10	2:00	<b>Trap closeouts</b>	
2:12	5:00	<b>2v1</b>	Half court trap
2:20	5:00	<b>2v2</b>	Half court trap
2:25	2:00	<b>FT for H2O</b>	Alera
2:30	6:00	<b>2v2 (Ball screen D intro)</b>	Green (switch - T.T.T)
2:36	6:00	<b>2v2 (Ball screen D intro)</b>	Yellow (drop) - driver/under
2:42	6:00	<b>2v2 (Ball screen D intro)</b>	Red (hard hedge) - shooter/over
2:48	0:30	<b>30 sec Timeout</b>	
2:50	10:00	<b>4v4 (shell)</b>	30 sec no dribble (face cut - d stays). Progress to live play on whistle incorporating b/s coverage & post player.
3:06	2:00	<b>FT for H2O</b>	Roni
3:10	15:00	<b>Transition 5 on O</b>	Ahead, KickUp, KickOut, Rack options
3:20	10:00	<b>Transition 5 on 5</b>	circle (coaches call PG) O scores stay
3:30	3:00	<b>35 in 3</b>	Get it be done
3:40	20:00	<b>FTs (21/30)</b>	4 in 15 if not

Notes:

Sophmore advising today at 5-6p in Hertzner 106.  
 Picture makeup for headshots and greenscreen tmrw at 3p (get jersey from George).  
 Practice tmrw at 3:30p. Recruit tmrw at 11:30a if you're available please come eat with us.  
 Schedule changes to come - sorry, be flexible.

4v4 teams: (Oni, Alera, Jens, JT, Jayden) - (Chase, Ken, Sav, Roni, Jazz) - (Syd, Brooke, Dani, TK, KW)

Team 1:	Team 2:
Oni	Chase
Syd	Brooke
Sav	Alera
Ken	Roni
KW	Jayden
Jens	JT
Dani	TK
Jazz	

Practice Thursday 10.8

<b>Actual Time</b>	<b>Drill Time</b>	<b>Drill</b>	<b>Emphasis</b>
		<b>SES</b>	
7:00	5:00	<b>Stretch</b>	
7:05	1:00	<b>Huddle</b>	
7:06	10:00	<b>Olympic shooting (3v3 teams)</b>	Rotation every 50 secs., start on the min. 2 ball handling groups, 1 'cheer' group
7:16	10:00	<b>Horseshoe (2 ends)</b>	10 each spot
7:26	2:00	<b>H2O</b>	
7:30	10:00	<b>G/P Breakdown</b>	4's - split time
7:40	10:00	<b>Rack (shot clock)</b>	5 on 0
7:50	Finish		

**Notes:**

- 6 to 8p tonight (Be on Dragon time)
- Open Gym in place of weights Monday?
- A lot of recruit visits next week - please say hi / if available eat lunch
- Anyone hanging around who would like to help Men's bball out?
- Start Oct. 15, Dec 3rd - Lake Erie .. LET'S GO !!!