



EMPHASIS OF THE DAY: Offensive: Offensive boards - defensive balance

Defensive: Talk and Box Out

THOUGHT FOR THE DAY: Persistence prevails when all else fails.

Perimeter:

Post:

TIME	SUBJECTS
3:45	On Court - Shooting Form
3:50	Stretching
4:02	Individual Work
4:12	Discussion
4:15	Fast Break Drills #1 - #3
4:18	Secondary Break Options - <u>2 courts</u>
4:24	Defensive Stations <u>3:00</u>
	1 - Screen on ball JH 2 - Retreat in direction of pass SR 3 - Guarding ball sideline c.B.
4:33	Group Work I - Shooting II - Defense
4:38	Rotate
4:43	Rotate
4:48	"Open" Offense Introduction
5:00	<u>Shooting and Water Break</u>
5:04	2 man zig zag
	Defensive transition 3 on 2, 4 on 3
5:12	Secondary Break Options - 5 on 0
5:16	Secondary Break Game
5:26	"Open" offense
5:38	Defensive Stations <u>3:00</u>
	1 - Guarding ball middle c.B. 2 - Pivot defense SR 3 - Lateral screen JH
5:47	#22 Defense & Break
6:00	115 Shots in 4:15
6:08	Conditioning - then conditioning & free throws
	<i>RAPES DRILL "TRIPLES" LINE - 120 ROPS - 140; 40 TYPICAL - 1st = 1st, 2nd = 2nd, 3rd = 3rd</i>

"IF YOUR LIFE DEPENDS ON IT, YOU WOULD GET ON THE FLOOR, YOU WOULD GET ON THE FLOOR, YOU WOULD GET ON THE FLOOR."

"THAT'S HOW MUCH IT'S WORTH."

White	Blue	Out
(1) Ginyard (Campbell) (Petree)	(1) Drew (Strickland)	
(2) McDonald	(2) Watts	
(3) Henson	(3) Graves (Thornton)	
(4) D. Wear	(4) Thompson (Gallagher)	
(5) Zeller (Davis)	(5) T. Wear	

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