

# DELTA STATE

## BASKETBALL

March 3, 2019  
 Team Practice # 78  
 Sillers Coliseum

TIME:	ACTIVITY:	NOTES:														
4:00	Pre-Practice  <b>THE SCREEN IS NOT AN EXCUSE</b> <i>Fight Thru Screens - Fight - Fight - Fight</i>	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Warm-up</td> <td>Warm-up</td> </tr> <tr> <td>Shooting off Screens (50)</td> <td>Slip Screen Scoring</td> </tr> <tr> <td>Partner Closeouts (54)</td> <td>1/1 Deny P &amp; Pressure</td> </tr> <tr> <td>3/3 Red Closeouts (56) <i>(Get to the Shooters)</i></td> <td>2/2 Red Situations <i>(Active &amp; Alert)</i></td> </tr> <tr> <td>* 3/3 Defend Five-up:</td> <td><i>Fight to Get Thru</i></td> </tr> <tr> <td>* 3/3 Dribble-up Flare:</td> <td><i>Chase the Cutter</i></td> </tr> </tbody> </table>	Perimeter	Post	Warm-up	Warm-up	Shooting off Screens (50)	Slip Screen Scoring	Partner Closeouts (54)	1/1 Deny P & Pressure	3/3 Red Closeouts (56) <i>(Get to the Shooters)</i>	2/2 Red Situations <i>(Active &amp; Alert)</i>	* 3/3 Defend Five-up:	<i>Fight to Get Thru</i>	* 3/3 Dribble-up Flare:	<i>Chase the Cutter</i>
Perimeter	Post															
Warm-up	Warm-up															
Shooting off Screens (50)	Slip Screen Scoring															
Partner Closeouts (54)	1/1 Deny P & Pressure															
3/3 Red Closeouts (56) <i>(Get to the Shooters)</i>	2/2 Red Situations <i>(Active &amp; Alert)</i>															
* 3/3 Defend Five-up:	<i>Fight to Get Thru</i>															
* 3/3 Dribble-up Flare:	<i>Chase the Cutter</i>															
4:10	Pair-up & Shoot Free Throws (2's)															
4:15	4/4 Defend Kansas Action <i>(Wing as Release for Red)</i>															
4:20	5/5 Defend Kansas Action 1) Take Away Catch to Dieball 2) Red on Low Post Feed 3) Dribble Up Flare Screen	4:55 Pairs & Triangle (HC) 1) Pairs w/ 25 Second Clock 2) Triangle vs 2-3 Match-up 3) Interchange vs Match-up														
4:30	Pair-up & Shoot - Shot Fake Free Throws (2's)	5:10 Press w/ FT Made Situation <i>Deny Inbounds to Hard Trap</i>														
4:35	4/4 Defend Chin - Twirl Action <i>(Chin Cut as Release)</i>	5:20 Three in a Row Free Throws (100)														
4:40	5/5 Defend Chin - Twirl Action 1) Closeout to Dieball Catch 2) Switch Screen the Screener 3) Run into Away Action	Team Room: <i>Film of CBU Offense</i> <i>Walk-Thru CBU Offense</i>														
4:50	Free Throws (2's)															

Comments:

Next Activity:

Monday

Practice

2:00

Bus Departs

4:30 pm

# TGHT