

DELTA STATE

BASKETBALL

March 8, 2019
 Team Practice # 81
 GSC Tournament

TIME:

ACTIVITY:

NOTES:

5:00 Pre-Practice

GET BACK TO ATTACK
Five in a Stance Waiting on the Ball

5:16 Four Corner Passing to 3/0 FB
 Jumpers (2)

5:20 5/0 Offense to Defense
 1) Pairs & Triangle (:25)
 2) Pitch Ahead to Shooters
 3) DHO's & Ball Screens

5:28 Game Day Shooting (2)
 Free Throws (2's)

5:30 Pairs & Triangle (HC)
 1) 25 on Shot Clock
 2) High Low Alignment
 3) NY & Quick

5:40 Defend VSU Offense
 1) DHO/Ball Scrn
 2) Red Situations
 3) Specials

5:50 Team Together

Perimeter

Warm-up
 Shooting off Screens (00)
 Partner Closeouts (04)
(Hand Above the Ball)

* Defend VSU Offense:

Post

Warm-up
 Low Post Scoring
 Partner Closeouts
(Geezie at Pack Line)
 Five Out Action
 Three Out Ball Screen
 Three Out Post Feed

Comments:

Next Activity:

Walk-Thru

TBA

TGHT