



October 5, 2019  
 Fall Coaches Clinic  
 Team Practice  
 Stubblefield Center

UNIVERSITY OF ARKANSAS - FORT SMITH

TIME:	ACTIVITY:	NOTES:												
1:00	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Arc Shooting</td> <td>Post Maker Drills</td> </tr> <tr> <td>Pairs Ball Handling</td> <td>Low Post Scoring</td> </tr> <tr> <td>* 3/0 Post Slip - Pocket Pass</td> <td></td> </tr> <tr> <td>* 3/2 Post Slip - Pocket Pass</td> <td></td> </tr> <tr> <td>* 5/5 Defensive Shell:</td> <td><i>Middle to Side BS Post Trap</i></td> </tr> </tbody> </table>	Perimeter	Post	Arc Shooting	Post Maker Drills	Pairs Ball Handling	Low Post Scoring	* 3/0 Post Slip - Pocket Pass		* 3/2 Post Slip - Pocket Pass		* 5/5 Defensive Shell:	<i>Middle to Side BS Post Trap</i>
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	<b>ELO: Early - Loud - Often</b> <b>Verbalize All Cuts - Talk - Talk</b>													
1:20	Four Corner Passing to 3/0 FB Jumpers (2) 6 Man Passing (2) Eleven Man FB													
1:30	Pair-up & Shoot Free Throws (2's)													
1:35	2/2 Screening w/ Release (2)													
1:40	4/4 Pairs Screening <i>Attacking the Pin Down Screen</i>													
1:45	5/0 Pairs Offense 1) Pace & Space 2) Attacking the Pin Down 3) Throw Overs/Post Feed													
1:55	Pair-up & Shoot - Shot Fake Free Throws (2's)													
2:00	Offense to Defense 1) Pace & Space 2) Four Pass Mentality 3) Attacking the Pin Dwn	2:10 Offense to Defense 1) Pace & Space 2) Four Pass Mentality 3) Attacking the Pin Dwn												
2:08	Free Throws (2's)	2:20 Three in a Row Free Throws (75)												

*Comments:* Next Activity: Today Q & A 2:30  
*Coaches, welcome to our Fall Coaches Clinic, we are very excited to host you and your staff. We ask you to be seated in the Lower Sections of the Stubblefield Center, behind the Benches and Scorers Table, and please keep conversation to a minimum and your cell phones on silent. Thank you!* Monday Lift 1:15

**TGHT**