

October 14, 2020

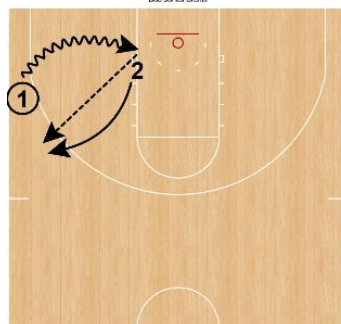
Practice #12



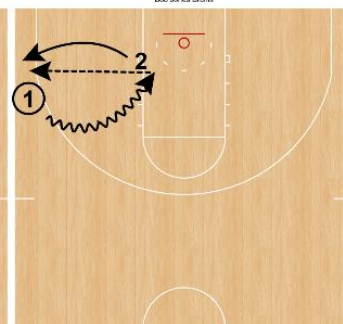
TIME	DRILL / PHASE	TEACHING EMPHASIS
3:30 – 3:35 (5)	Warmup	Bethel Warmup
3:35 – 3:41 (7)	3 v 0: Post Feed	Post Feed + Split Screen + Finish
3:41 – 3:47 (6)	Escape Shooting	2:30 – Baseline Drive (<i>see below</i>) 2:30 – Middle Drive (<i>see below</i>)
3:47 – 3:53 (6)	Post Offense Post Defense	Teach Technique
3:56 – 4:06 (10)	3 v 3: Play with the Man Next to You	Slot, Corner, Post (5:00 each side)
4:06 – 4:09 (3)	:30 FT Water	
4:09 – 4:14 (5)	BLOB Review	Live 5 v 5
4:14 – 4:22 (8)	One More Shooting	Keep Score
4:22 – 4:28 (6)	Drift Shooting	Corner, Corner, Slot – Baseline Drift + One Up Corner, Corner, Slot – Slot Pass + One Down
4:28 – 4:38 (10)	3 v 3: Pound Advantage	Corner, Corner, Slot (5:00 each side)
4:39 – 4:42 (3)	:30 FT Water	
4:42 – 4:47 (5)	5 v 0 Offense to Defense	5 out on Offense Emphasize transition defense
4:47 – 4:57	5 v 0 to 5 v 5	
4:57 – 5:13	3 Possessions	Keep a Shot Chart
5:13 – 5:20	3s and Freeze	

@BJUBruinsMBB

Escape Shooting (1 of 2)



Escape Shooting (2 of 2)



October 15, 2020

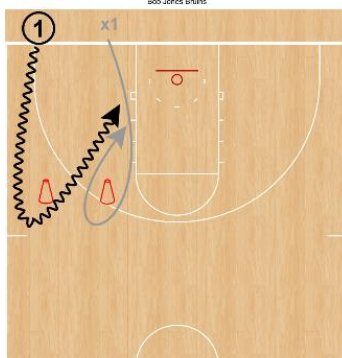
Practice #13



TIME	DRILL / PHASE	TEACHING EMPHASIS
10:00 – 10:05 (5)	Warmup	Bethel Warmup
10:05 – 10:11 (6)	Finishes	
10:11 – 10:17 (6)	Cone Finishing – 1 v 1	1 v 1 (see below)
10:17 – 10:25 (8)	Cone Finishing – 3 v 3	3 v 3 (see below)
10:25 – 10:30 (5)	Free Throw #1	
10:30 – 10:35 (5)	BLOB Intro	“Circle”
10:35 – 10:40 (5)	1 v 1 Closeouts	0’ Closeouts Hockey Stops
10:40 – 10:50 (10)	One More 3 v 3	Closeouts Sprint to Gap and Help
10:50 – 11:04 (14)	Hunting Turkeys	3 Stops = Turkey / Kill
11:04 – 11:10 (6)	Free Throws	Shoot 2 and rotate (10 total)
11:10 – 11:12 (2)	BLOB Review	
11:12 – 11:18 (6)	Introduce “Wave”	If overplayed and can’t pass, wave not fingers
11:18 – 11:28 (10)	Creighton	
11:28 – 11:48 (20)	Bruin Shooting	

@BJUBruinsMBB

SSG - Cone Finishing (1 v 1)
Bob Jones Bruins



October 24, 2020

Practice #20



TIME	DRILL / PHASE	TEACHING EMPHASIS
8:00 – 8:05 (5)	Player Movement Warmup	
8:05 – 8:12 (7)	Finishes	2x each side
8:12 – 8:19 (7)	Play with Man Next to You: Snapback	
8:19 – 8:28 (7)	3 v 0: Play with Man Next to You	Slot, Slot, Corner – “Lock” the corner Backdoor (3) Lift for Shot (3)
8:28 – 8:36 (8)	5 v 5: 1 Possession	5 out Alternate White, Blue, Light 1 point = score
8:36 – 8:39 (3)	:30 FT Water	
8:39 – 8:44 (5)	“Eyes”	
8:44 – 8:50 (6)	Ball Screen Defense	2 ends, 2 sides “Down” (3) Switch (3)
8:50 – 8:54 (4)	Defend the Post	2 ends
8:55 – 8:59 (4)	Dig the Post	2 ends, 2 sides
8:59 – 9:03 (4)	Split Cuts	O: Headhunt the Screen D: Communicate the Switch
9:03 – 9:11 (8)	5 v 5: 1 Possession	4 out, 1 in (*must have post touch) Alternate White, Blue, Light 1 point = score
9:11 – 9:14 (3)	:30 FT Water	
9:14 – 9:18 (4)	Press Break	Face
9:18 – 9:24 (6)	Fist Clear	Off Bounce Out (<i>see below</i>)
9:24 – 9:32 (8)	Special Situations	
9:32 – 9:52 (20)	Time and Score	3 3:00 segments - White vs. Blue - Blue vs. Light - White vs. Light
9:52 -10:00 (8)	3s and Freeze	