



February 9, 2024
Team Practice # 64
Hanes Gym
Greensboro College

TIME:	ACTIVITY:	NOTES:								
2:00	Pre-Practice Emphasis: DEFENSIVE INTENSITY <i>Best Effort of The Year</i>	<table><thead><tr><th><u>Perimeter</u></th><th><u>Post</u></th></tr></thead><tbody><tr><td>Warm-up</td><td></td></tr><tr><td>Shooting off Screens (00) <i>Straight Cuts off Re-Sc</i> <i>Baseline Return</i></td><td>Low Post Scoring <i>Screening/Slipping</i> <i>I-Cuts & Step-outs</i></td></tr><tr><td>* 5/5 Defend Wesleyan</td><td><i>Carolina & Utah Scrn</i> <i>Burton Ball Sc & Zoom</i></td></tr></tbody></table>	<u>Perimeter</u>	<u>Post</u>	Warm-up		Shooting off Screens (00) <i>Straight Cuts off Re-Sc</i> <i>Baseline Return</i>	Low Post Scoring <i>Screening/Slipping</i> <i>I-Cuts & Step-outs</i>	* 5/5 Defend Wesleyan	<i>Carolina & Utah Scrn</i> <i>Burton Ball Sc & Zoom</i>
<u>Perimeter</u>	<u>Post</u>									
Warm-up										
Shooting off Screens (00) <i>Straight Cuts off Re-Sc</i> <i>Baseline Return</i>	Low Post Scoring <i>Screening/Slipping</i> <i>I-Cuts & Step-outs</i>									
* 5/5 Defend Wesleyan	<i>Carolina & Utah Scrn</i> <i>Burton Ball Sc & Zoom</i>									
2:20	Pair-up & Shoot - Shot Fake Free Throws (2's)									
2:25	4/4 Burton Ball Scrn <i>Jump to Ball - Ballside</i> 4/4 Double to Cross Sc									
2:35	5/0 Pairs Offense (HC) <i>Snap & High into Pairs</i> <i>Baseline Drive</i> <i>Over-Under, Doubles, GO</i>									
2:45	Offense to Defense <i>Snap & High into Pairs</i> <i>O/B Under vs Zone</i> <i>Defend Wesleyan Offense</i>									
2:55	Pair-up & Shoot - Shot Fake Free Throws (2's)									
3:00	Defend Wesleyan Offense <i>Carolina, Utah, Zoom</i> <i>Double to Cross Screen</i> <i>Butter Plays</i>									
3:10	Three in a Row Free Throws (100)									

Comments:

Next Activity:

TGHT