

DELTA STATE

BASKETBALL

October 15, 2018
 Team Practice # 3
 Sillers Coliseum

TIME:	ACTIVITY:	NOTES:														
3:00	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Partner Closeouts (46) <i>Jump-up/Jump Back</i></td> <td>Partner Closeouts <i>Jump-up/Jump Back</i></td> </tr> <tr> <td>1/1 Closeouts (48) <i>One or No Dribble</i></td> <td>1/1 Closeouts <i>One or No Dribble</i></td> </tr> <tr> <td>3/3 w/ 2/0 Release (50) <i>Red Rotation</i></td> <td>2/2 w/ 3 Release <i>Red Trap & Closeouts</i></td> </tr> <tr> <td colspan="2">* 5/5 Red on Low Post</td> </tr> <tr> <td colspan="2">1) <i>Ball Screen Continuity to Throw Back</i></td> </tr> <tr> <td colspan="2">2) <i>Horns Reversal to Low Post Feed - Red</i></td> </tr> </tbody> </table>	Perimeter	Post	Partner Closeouts (46) <i>Jump-up/Jump Back</i>	Partner Closeouts <i>Jump-up/Jump Back</i>	1/1 Closeouts (48) <i>One or No Dribble</i>	1/1 Closeouts <i>One or No Dribble</i>	3/3 w/ 2/0 Release (50) <i>Red Rotation</i>	2/2 w/ 3 Release <i>Red Trap & Closeouts</i>	* 5/5 Red on Low Post		1) <i>Ball Screen Continuity to Throw Back</i>		2) <i>Horns Reversal to Low Post Feed - Red</i>	
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1) <i>Ball Screen Continuity to Throw Back</i>																
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	<p>GET BACK on DEFENSE STOP BALL - SPRINT to PAINT</p>															
3:05	Four Corner Passing to 3/0 FB FC Lane Slides															
3:10	2/1 Closeouts (4) 2/2 Positioning (2) 3/3 Middle Ball Screen (2)															
3:20	3/3 Closeouts 1) <i>Lay-ups Only</i> 2) <i>Paint Touch</i> 3) <i>Live Play</i>	3:50 4/4 Rush Recovery 1) <i>Stop the Ball</i> 2) <i>Defend the Rim</i> 3) <i>Conversion Ball Screen</i>														
3:30	2/2 Competitive Rebounding <i>Game to 12/Losers Run</i>	4:00 Pair-up & Shoot - Shot Fake Free Throws (2's)														
3:35	Pair-up & Shoot Free Throws (2's)	4:05 5/5 Rush Recovery <i>Conversion Ball Screen</i>														
3:40	3/2 Rebound to 2/1 Conversion <i>Groups of Five</i>	4:15 5/5 Blockout & Outlet 1) <i>Defend Middle Ball Screen</i> 2) <i>Coach as a Release to Shoot</i> 3) <i>Conversion into Pairs Offense</i>														
		4:25 Free Throws (33)														

Comments:

Next Activity: Practice

3:00

* Officials Video

TGHT