

# DELTA STATE

## BASKETBALL

October 16, 2018  
 Team Practice # 4  
 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 &amp; Closeouts</i></td> </tr> <tr> <td colspan="2">* 5/5 Red on Low Post <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 &amp; Closeouts</i>	* 5/5 Red on Low Post <i>Horns Reversal to Low Post Feed - Red</i>	
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	<b><i>NOT GOOD ENOUGH TO GET BACK, MUST GET BACK AND DEFEND!!!</i></b>											
3:05	FC Lane Slides 2/2 Positioning (2) 2/1 Closeouts (4)											
3:15	3/3 Closeouts 1) <i>Lay-ups Only</i> 2) <i>Paint Touch</i> 3) <i>Live Play</i>	4:05 5/5 Blockout & Outlet 1) <i>Defend Middle Ball Screen</i> 2) <i>Conversion Ball Screen</i> 3) <i>Red on Low Post Feeds</i>										
3:25	2/2 Competitive Rebounding <i>Game to 12/Losers Run</i>	4:15 Free Throws (2's)										
3:30	Pair-up & Shoot Free Throws (2's)	4:20 5/5 Blockout & Outlet										
3:35	3/2 Rebound to 2/1 Conversion	4:30 Free Throws (33)										
3:40	4/4 Rush Recovery											
3:50	Pair-up & Shoot - Shot Fake Free Throws (2's)											
3:55	5/5 Rush Recovery <i>Conversion Ball Screen</i>											

Comments:

Next Activity: Practice

3:00

\* *Officials Video*

# TGHT