

DELTA STATE

BASKETBALL

March 2, 2019
 Team Practice # 78
 Sillers Coliseum

TIME:

ACTIVITY:

NOTES:

3:30 Pre-Practice

PRESSURE THE BALL
Challenge Every Shot w/ Every Fiber

3:45 2/2 Positioning & Contest (2)
(Already in Help/Get to Ball)

6 Man Passing (2)

3/3 Defend Middle BS (2)
(Tag the Roll - Throw Back)

3:55 4/4 Five-up Blockout
Run into Away Action

4:00 Pair-up & Shoot
 Free Throws (2's)

4:05 Zone Offense vs 2-3 Match (HC)
 1) *Triangle Offense v Zone*
 2) *Four Man Interchange*

4:15 FC Play
 1) *White: Five-up & Away Actions*
 2) *Green: Triangle vs 2-3 Match-up Pairs vs Man/Man*

4:25 Free Throws (2's)

4:30 Team Room
 1) *Offensive Patience*
 2) *Ball Screen & Roll*
 3) *Getting to the Glass*

Perimeter

Warm-up

Shooting off Screens (55)

3/3 Away Action (00)
(Stay Under their Offense)

* 5/4 Triangle vs 2-3 Match

Post

Warm-up

Slip Screen Scoring

1/1 Deny P & Pressure
(Deny Catch to Heat Line)

Slips to Open Areas
Ball Screen w/ Bigs

Comments:

Next Activity:

Sunday

Team Room 12:30

Practice 3:30

4/4 Change Drill
Rebel & Yankee

TGHT