

DELTA STATE

BASKETBALL

October 13, 2018
Coaches Clinic
Team Practice
Sillers Coliseum

TIME:	ACTIVITY:	NOTES:																
12:30	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Pairs Ball Handling</td> <td>Post Maker Drills</td> </tr> <tr> <td>* 3/0 Feed the Post</td> <td></td> </tr> <tr> <td> 1) Wide Cut Pin Down to Post Feed</td> <td></td> </tr> <tr> <td> 2) Wide Cut Pin Down to Post Slip</td> <td></td> </tr> <tr> <td>* Defend Ball Screen Continuity</td> <td></td> </tr> <tr> <td> 1) Inside Cut Away to Initiate</td> <td></td> </tr> <tr> <td> 2) Screener Rim Run & Pick-n-Pop</td> <td></td> </tr> </tbody> </table>	Perimeter	Post	Pairs Ball Handling	Post Maker Drills	* 3/0 Feed the Post		1) Wide Cut Pin Down to Post Feed		2) Wide Cut Pin Down to Post Slip		* Defend Ball Screen Continuity		1) Inside Cut Away to Initiate		2) Screener Rim Run & Pick-n-Pop	
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	<p><i>ELO: Early - LOUD - OFTEN</i> <i>Verbalize All Cuts - Talk - Talk</i></p>																	
12:40	Four Corner Passing to 3/0 FB																	
	Jumpers (2)																	
	6 Man Passing (2)																	
	Eleven Man FB																	
12:50	Pair-up & Shoot Free Throws (2's)																	
12:55	Rebound & Outlet Drill																	
	1) Pitch Ahead Three w/ Release																	
	2) Drag Ball Screen w/ Dummy Def																	
1:00	5/0 Pairs Offense																	
	1) Pin Down Only																	
	2) FS & RS Only																	
	3) Drag Ball Sc to Offense																	
1:10	Pair-up & Shoot - Shot Fake Free Throws (2's)																	
1:15	5/5 Offense to Defense to Offense																	
	1) Drag Ball Screen to Pairs																	
	2) Walk-up After FG to Pairs																	
1:25	Three in a Row Free Throws (75)																	

Comments:

Coaches, welcome to our Fall Coaches Clinic, we are very excited to host you and your staff. We ask you to be seated in the Lower Bleacher Section of the Coliseum, please keep conversation to a minimum and your cell phones on silent.

Thank you!

Next Activity:

Sunday

OFF

Monday

Practice

3:00

TGHT