



January 25, 2024  
 Team Practice # 57  
 Hanes Gym  
 Greensboro College

TIME:	ACTIVITY:	NOTES:								
2:00	Pre-Practice  <b>Emphasis:</b> <b>KEEP our DEFENSE TIGHT</b> <b>FORCE THE NEXT PASS</b>	<table border="0"> <tr> <td style="border-bottom: 1px solid black; width: 50%;"><b>Perimeter</b></td> <td style="border-bottom: 1px solid black; width: 50%;"><b>Post</b></td> </tr> <tr> <td>Shooting off Screens (50) <i>Attacking Screens</i></td> <td>Post Scoring (Slips) <i>Post Slips &amp; Shot Fake</i></td> </tr> <tr> <td>2/2 Positioning (55) <i>Force Next Pass</i> <i>DHO &amp; Scissor</i></td> <td>2/2 Ball Scrn w/ 3 R <i>Big Supports Big</i> <i>Closeouts are Key</i></td> </tr> <tr> <td>* 5/5 Pairs Offense:</td> <td><i>Pin Dwn &amp; Re-Scrns</i> <i>Replace/Circle/Doubles</i></td> </tr> </table>	<b>Perimeter</b>	<b>Post</b>	Shooting off Screens (50) <i>Attacking Screens</i>	Post Scoring (Slips) <i>Post Slips &amp; Shot Fake</i>	2/2 Positioning (55) <i>Force Next Pass</i> <i>DHO &amp; Scissor</i>	2/2 Ball Scrn w/ 3 R <i>Big Supports Big</i> <i>Closeouts are Key</i>	* 5/5 Pairs Offense:	<i>Pin Dwn &amp; Re-Scrns</i> <i>Replace/Circle/Doubles</i>
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2:10	Pair-up & Shoot - Shot Fake Free Throws(2's)									
2:15	2/2 Defend Ball Screen (2) <i>Middle/Side/Step-up</i> FC Passing Drill (2) 4/4 Ball Screen Situations <i>Big Supports Big</i>									
2:30	3/3 Closeouts w/ 1/1 Inside <i>Keep our Defense Tight</i> <i>Red on Low Post</i>									
2:40	Free Throws (2's)									
2:45	Offense to Defense <i>Play vs M/M &amp; Zone</i> <i>Entries into Offense</i> <i>Sprint to Arc First</i>									
3:00	Game Situation: <i>Press Breaker vs Chaser Trap</i> <i>Reversal into Offense</i> <i>Side O/B 3/4 Court</i>	3:10 Free Throw Ladder								

Comments:

Next Activity: Friday  
Saturday

2:00 Practice

**TGHT**