

# DELTA STATE

## BASKETBALL

March 2, 2019  
 Team Practice # 77  
 Sillers Coliseum

TIME:

ACTIVITY:

NOTES:

10:00 Pre-Practice

**BE A CONTINUOUS PLAYER**  
*High & Active Hands - Hand Above Ball*

10:15 3/3 Defend Five-up (2)  
 6 Man Passing (2)  
 3/3 Defend Middle BS (2)

10:25 4/4 Five-up Blockout  
*Fight Thru the Handoff*

10:30 Pair-up & Shoot  
 Free Throws (2's)

10:35 Team Room:  
 1) Review CBU Scoring Clips  
 2) Getting to Shooters  
 3) Blockouts

Perimeter

Warm-up  
 Zone Shooting (00)  
*(Against Grain)*  
 \* 5/5 Defend CBU Offense

Post

Warm-up  
 Slip Screen Shooting  
*(Armon & Rasheide)*  
 Kansas Secondary  
 Five-up to DHO  
 Stay Under Offense

Comments:

Next Activity:

Bus Departs 2:00

# TGHT