

DELTA STATE

BASKETBALL

March 4, 2019
 Team Practice # 79
 Sillers Coliseum

TIME:	ACTIVITY:	NOTES:								
2:00	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Warm-up</td> <td>Warm-up</td> </tr> <tr> <td>Shooting off Screens (55)</td> <td>Slip Screen Scoring</td> </tr> <tr> <td>* 4/4 Defend Kansas Action:</td> <td><i>Red on Post Feed</i> <i>Five-up Action</i> <i>Away Action</i></td> </tr> </tbody> </table>	Perimeter	Post	Warm-up	Warm-up	Shooting off Screens (55)	Slip Screen Scoring	* 4/4 Defend Kansas Action:	<i>Red on Post Feed</i> <i>Five-up Action</i> <i>Away Action</i>
Perimeter	Post									
Warm-up	Warm-up									
Shooting off Screens (55)	Slip Screen Scoring									
* 4/4 Defend Kansas Action:	<i>Red on Post Feed</i> <i>Five-up Action</i> <i>Away Action</i>									
	<p>THE SCREEN IS NOT AN EXCUSE <i>Fight Thru Screens - Fight - Fight - Fight</i></p>									
2:10	Pair-up & Shoot Free Throws (2's)									
2:15	5/5 Defend CBU Offense <i>1) Kansas Action & Five-up</i> <i>2) Kansas Dribble-up Flare</i> <i>3) Chin to Twirl to Away</i>									
2:25	Pair-up & Shoot - Shot Fake Free Throws (2's)									
2:30	5/5 Offense (HC) <i>1) Triangle Alignment</i> <i>2) Four Man Interchange</i> <i>3) Pairs Offense vs Man</i>									
2:40	Three Man Two Ball Shooting (5) Low Post Scoring Moves									
2:45	Defend CBU Offense <i>1) Kansas Action & Five-up</i> <i>2) Hammer Dribble-up Flare</i> <i>3) Grizzlies Flex (Screener)</i>									
2:55	Three in a Row Free Throws (100)									

Comments:

Next Activity:

Monday

Bus Departs 4:30 pm

TGHT