

# Bob Jones University Bruins



 @BJUBruinsMBB



## WARMUP

12:00 – 12:12 (12)	<a href="#">Habits of Movement</a>	Lateral Slides Sprint to Screen Stride Stops + Pivots (front pivots) Stride Stops + Pivots (reverse pivots) Pass and Post Change direction
12:12 – 12:22 (10)	<a href="#">4 Corners Passing</a>	Reverse Pivot Behind the back bounce-out Turn bounce-out Nash

## PLAYER DEVELOPMENT

12:22 – 12:35 (13)	<a href="#">Finishing Moves</a>	Straight, Inside Reach, Stride Stop, Rondo, Euro, Barkley, Nash
12:35 – 12:45 (10)	<a href="#">Pound Finishing: 1 v 1</a>	Emphasis: Decision-making via <i>best</i> finishing move 5 Spots   Best of 5
12:45 – 12:50 (5)	<a href="#">:45 Free Throws</a>   Water	Goal: 70%
12:50 – 1:00 (10)	<a href="#">Cone Finishing</a>	Blue vs. White
1:00 – 1:15 (15)	<a href="#">One More Shooting</a> (see diagram below)	a.k.a. “Down, Up, Over Shooting” Emphasis: recognize the open teammate

## TEAM OFFENSE (CONCEPTUAL OFFENSE)

1:15 – 1:20 (5)	Intro to Spacing	4-out vs. 5-out   Importance of Spacing
1:20 – 1:25 (5)	Perfect Catch vs. Stampede	Emphasis: decision-making before the catch
1:25 – 1:35 (10)	Intro to Player Movement	Pass “across” [midline], cut opposite Pass “down” [the floor], cut away Pass up [the floor], stand still <i>*Be care of driving the paint 2x in a row</i> Escape 2 v 2   Pass, fill
1:35 – 1:45 (10)	4 v 0   5 v 0 Player Movement	Terminology: “Fingers”   “45-cut”
1:45 – 1:55 (10)	<a href="#">3 v 3: Slot, Slot, Corner</a>	
1:55 – 2:05 (10)	<a href="#">3 v 3: Closeout</a> (see diagram below)	
2:05 – 2:15 (10)	<a href="#">:45 Free Throws</a>   Water	Goal: 75%
2:15 – 2:25 (10)	4 v 4: Closeout	
2:25 – 2:40 (15)	<a href="#">Attack 44</a>	a.k.a. “Blood Drills”

## TEAM SHOOTING

2:40 – 2:50 (10)	<a href="#">Quick Contested Shooting</a>	
2:50 – 3:00 (10)	Team Shooting: Blue vs. White	

**Notes:**

Drills

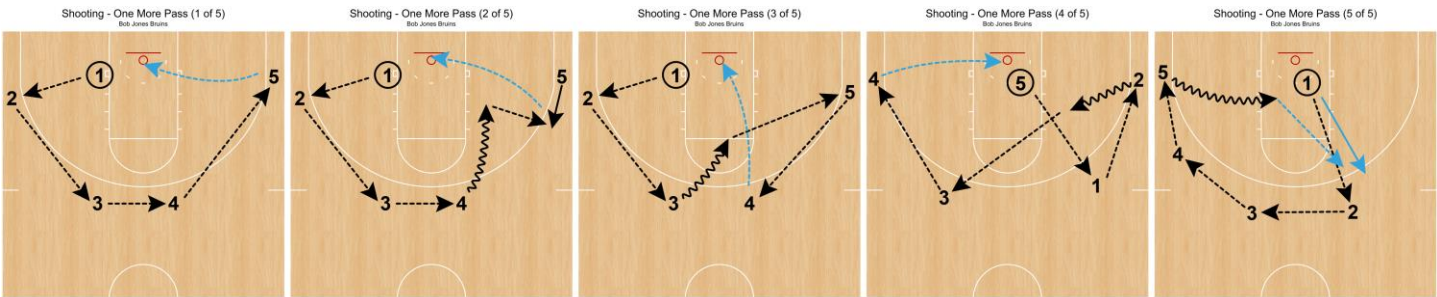


Figure 1: One More Shooting

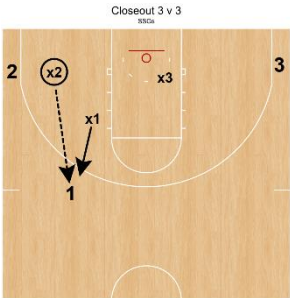


Figure 2: Closeout 3s