

DELTA STATE

BASKETBALL

October 12, 2018
Coaches Clinic
Team Practice
Sillers Coliseum

TIME:

ACTIVITY:

NOTES:

6:00 Pre-Practice

CLOSEOUT w/ High Hands
We Want High & Active Hands

6:15 Four Corner Passing to 3/0 FB
FC Lane Slides

6:20 2/2 Energizers
2/2 Positioning (2)
3/3 Vision Drill (2)

6:30 Pair-up & Shoot
Free Throws (2's)

6:35 4/4 Closeouts
Punch the Gap

6:40 3/3 Closeouts
1) *Lay-ups Only*
2) *Paint Touch to Score*
3) *Add Low Post Feed*

6:50 4/4 Change Drill

6:55 Free Throws (33)

Perimeter

Post

Ball Handling
Shooting off Screens
1/1 Closeouts

Post Maker Drills
Sikma Series (AD)
Low Post Defense

* 4/4 Middle to Side Ball Screen
1) *Middle Ball Screen to NY Action*
2) *Side Ball Screen to Pick-n-Pop*

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:

Tonight

Lecture

7:30

Saturday

Clinic

9:45

TGHT