



October 31, 2023
 Team Practice # 13
 Hanes Gym
 Greensboro College

TIME:	ACTIVITY:	NOTES:										
6:00	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Arc Shooting (50)</td> <td>Post Maker Drills</td> </tr> <tr> <td>2/2 Defend DHO (55)</td> <td>1/1 Low Post Defense</td> </tr> <tr> <td>3/3 Red Rotations (00) <i>Play Live out of Rotation</i></td> <td>2/2 Red Low Post <i>Play Live out of Rotation</i></td> </tr> <tr> <td>* 5/5 Defensive Situations</td> <td><i>Sprint Middle Ball Scrn</i> <i>Lift to Step-up Ball Scrn</i> <i>Elbow Ball Scrn</i></td> </tr> </tbody> </table>	Perimeter	Post	Arc Shooting (50)	Post Maker Drills	2/2 Defend DHO (55)	1/1 Low Post Defense	3/3 Red Rotations (00) <i>Play Live out of Rotation</i>	2/2 Red Low Post <i>Play Live out of Rotation</i>	* 5/5 Defensive Situations	<i>Sprint Middle Ball Scrn</i> <i>Lift to Step-up Ball Scrn</i> <i>Elbow Ball Scrn</i>
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	Emphasis: KEEP OFFENSE in FRONT CHALLENGE EVERY SHOT											
6:15	1/1 FC Lane Slides 2/2 Positioning (3) 2/1 Closeouts (4) <i>Two or No Dribble</i>											
6:25	4/4 Closeouts <i>DHO & No Middle</i> <i>Rub Cuts - No Outside</i>											
6:35	Pair-up & Shoot - Shot Fake Free Throws (2's)											
6:40	3/3 Defend Ball Screens (2) <i>Side/Middle/Step-up/Elbow</i>											
6:50	4/4 Defend Ball Screen <i>Side Ball Screen w/ Low Man</i> <i>Step-up Ball Screen w/ Stunt</i>											
7:10	Pair-up & Shoot - Shot Fake Free Throws (2's)											
7:15	Defense to Offense <i>Green & White</i> <i>Pairs Offense & O/B (Double/Double)</i> <i>FT Blockout</i>	7:30 Free Throws (33)										

Comments:

Next Activity: Today 3:30 pm
 Wed Practice 6:00 am

Press Breaker vs 2-2-1
Zone Offense v 2-3 (High/Interchange)
Ball Screen Motion Alignment

TGHT