



February 16, 2024
 Team Practice # 67
 Hanes Gym
 Greensboro College

TIME:	ACTIVITY:	NOTES:																										
2:00	Pre-Practice Emphasis: Wrap-up Defensive Possession <i>Blockout - Blockout - Blockout</i>	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Warm-up</td> <td></td> </tr> <tr> <td>Shooting off Screens (00)</td> <td>Low Post Scoring</td> </tr> <tr> <td><i>Straight Cuts off Re-Sc</i></td> <td><i>Rhythm McHale</i></td> </tr> <tr> <td><i>Short Pop Pin Down</i></td> <td><i>Screening/Slipping</i></td> </tr> <tr> <td><i>Jumpers</i></td> <td><i>I-Cuts & Step-outs</i></td> </tr> <tr> <td>2/2 Gd Ball Screen (10)</td> <td>1/1 Low Post Defense</td> </tr> <tr> <td><i>Aggressive Wrap & Tackle</i></td> <td><i>3/4 on Top - Physical</i></td> </tr> <tr> <td>3/3 Red Rotation (15)</td> <td>2/2 Red on Low Post</td> </tr> <tr> <td><i>Closeout & Blockout</i></td> <td><i>Anticipate Feed to Red</i></td> </tr> <tr> <td>* 4/4 Defend PU Offense</td> <td><i>Gd to Gd Screening</i></td> </tr> <tr> <td></td> <td><i>Ball Scrn to NY Action</i></td> </tr> <tr> <td></td> <td><i>Red Low Post Feed</i></td> </tr> </tbody> </table>	Perimeter	Post	Warm-up		Shooting off Screens (00)	Low Post Scoring	<i>Straight Cuts off Re-Sc</i>	<i>Rhythm McHale</i>	<i>Short Pop Pin Down</i>	<i>Screening/Slipping</i>	<i>Jumpers</i>	<i>I-Cuts & Step-outs</i>	2/2 Gd Ball Screen (10)	1/1 Low Post Defense	<i>Aggressive Wrap & Tackle</i>	<i>3/4 on Top - Physical</i>	3/3 Red Rotation (15)	2/2 Red on Low Post	<i>Closeout & Blockout</i>	<i>Anticipate Feed to Red</i>	* 4/4 Defend PU Offense	<i>Gd to Gd Screening</i>		<i>Ball Scrn to NY Action</i>		<i>Red Low Post Feed</i>
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2:30	Pair-up & Shoot - Shot Fake Free Throws (2's)																											
2:40	5/0 Pairs Offense <i>6 Pass - Make Them Guard</i> <i>Entries into the Offense</i> <i>Triangle Spread</i>																											
2:50	Offense to Defense <i>Get Back Defenders Sprint</i> <i>Patience: Lay-ups until :10</i> <i>FT Blockouts (FC Pick-up)</i>																											
3:00	Pair-up & Shoot - Shot Fake Free Throws (2's)																											
3:05	Defend PU Offense <i>Guard to Guard Screening</i> <i>Middle BS to NY Action</i> <i>Red on Low Post Feed</i>																											
3:15	Three in a Row Free Throws (100)																											

Comments:

Next Activity: Tuesday 5:30 Walk-Thru
 Saturday 11:30 Walk-Thru
 12:30 Pre-Game

TGHT