



October 24, 2023
 Team Practice # 8
 Hanes Gym
 Greensboro College

TIME:	ACTIVITY:	NOTES:										
6:00	Pre-Practice Emphasis: CHALLENGE EVERY SHOT Wrap-up Possession w/ Blockout	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Shooting off Screens (50)</td> <td>Low Post Scoring</td> </tr> <tr> <td>1/1 Driving Line (55)</td> <td>1/1 Low Post Defense</td> </tr> <tr> <td>3/3 Red Rotations (00)</td> <td>2/2 Red Low Post</td> </tr> <tr> <td>* 5/5 Red on Low Post</td> <td><i>Level Show Middle BS NY Action to Four Out</i></td> </tr> </tbody> </table>	Perimeter	Post	Shooting off Screens (50)	Low Post Scoring	1/1 Driving Line (55)	1/1 Low Post Defense	3/3 Red Rotations (00)	2/2 Red Low Post	* 5/5 Red on Low Post	<i>Level Show Middle BS NY Action to Four Out</i>
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6:15	1/1 FC Lane Slides 2/2 Positioning (2) 2/1 Closeouts (4)											
6:25	3/3 Closeouts <i>Paint Touch to Score Closeout w/ High Hands Blockout - Blockout</i>											
6:35	Pair-up & Shoot - Shot Fake Free Throws (2's)											
6:40	3/3 Middle Ball Screen (2) <i>Level Show Tag & Stunt</i>											
6:45	4/4 Defend Ball Screen <i>Middle Ball Sc (Tag & Stunt) Red Low Post - Blockout</i>	7:10 4/4 Shell Drill <i>Dwn & Flare Scrn Wheel Cuts</i>										
6:55	4/4 Rush Recovery <i>Stop the Ball Sprint to Paint Conversion Ball Scrn</i>	7:20 4/4 Closeout Drill <i>Screening Action Jump to the Ball Blockout & Outlet</i>										
7:05	Pair-up & Shoot - Shot Fake Free Throws (2's)	7:30 Free Throws (33)										

Comments:

Next Activity:

Today:

TBA Film Groups

Wednesday

6:00 am Practice

TGHT