



January 11, 2024
 Team Practice # 52
 Hanes Gym
 Greensboro College

TIME:	ACTIVITY:	NOTES:				
2:00	Pre-Practice Emphasis: KEEP our DEFENSE TIGHT FORCE THE NEXT PASS	<table border="0"> <tr> <td style="border-bottom: 1px solid black; width: 50%;"></td> <td style="border-bottom: 1px solid black; width: 50%;"></td> </tr> <tr> <td style="vertical-align: top;"> Perimeter Shooting off Screens (00) <i>Attacking Screens</i> 2/2 Positioning (05) <i>Force Next Pass</i> * 4/4 Pairs Screening: </td> <td style="vertical-align: top;"> Post Post Scoring (Slips) <i>Post Slips</i> 2/2 Ball Screen <i>Big Supports Big</i> <i>Pin Dwn & Re-Scrns</i> <i>Tight Cut & Post Slip</i> </td> </tr> </table>			Perimeter Shooting off Screens (00) <i>Attacking Screens</i> 2/2 Positioning (05) <i>Force Next Pass</i> * 4/4 Pairs Screening:	Post Post Scoring (Slips) <i>Post Slips</i> 2/2 Ball Screen <i>Big Supports Big</i> <i>Pin Dwn & Re-Scrns</i> <i>Tight Cut & Post Slip</i>
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2:20	Pair-up & Shoot - Shot Fake Free Throws(2's)					
2:25	2/2 Defend Ball Screen (2) <i>Side & Middle Sprint Ball Screen</i> Jumpers (2) 4/4 Ball Screen Situations <i>Big Supports Big</i> <i>Middle & Ball Scrn Motion</i>	3:00 Zone Offense (HC) <i>1-2-2 & 2-3 Zone Offense</i> <i>Three Deep & High Alignments</i>				
2:35	3/3 Closeouts w/ 1/1 Inside <i>Keep our Defense Tight</i> <i>Force the Next Pass</i> <i>Sprint Ball Screen</i>	3:10 Press Breaker to Zone Offense <i>No Dribble to Attack Press</i> <i>Zone Offense vs 1-2-2</i> <i>Attacking Press</i>				
2:45	Utah Conversion <i>Pairs & Triangle Offense</i> <i>Over-Under Echo & Head Tap</i> <i>Defend Conversion Ball Screen</i>	3:20 Game Situations: <i>Pairs into Gator Actions</i> <i>Triangle NY vs Switch</i> <i>O/B Situations</i>				
2:55	Three Man Two Ball Shooting Free Throws (2's)	3:30 Free Throw Ladder				

Comments:

Next Activity: Friday 2:00 Practice
 6:00 Walk-Thru

TGHT