



Calais Blue Devils

Practice Plan

Date & Time:	Dec 01, 2015 06:30 PM
Name:	Week 3 Day 2
Location:	CHS
Announcements:	Pictures at 2 on Friday.
Quote of the Day:	Playing the right way means play unselfishly, respect each others achievements, play hard and fulfill your role.-Greg Popovich If you arent communicating you arent playing defense-Doc Rivers
Defensive Emphasis:	Communication, focus on correct techniques, work as a unit to protect the middle
Offensive Emphasis:	Protect the basketball

#	Time	Min	Activity	Category
1	06:30-06:36	6	Full Court Slide/Sprints	Defense
2	06:36-06:42	6	Dynamic Stretching	stretching
3	06:42-06:46	4	Zig Zag Drill	Ball Handling
			Notes: Defender stay in front, no steals, cut off angle	
4	06:46-06:52	6	Denial Defense	Defense
			Notes: Work on denying the basketball, try to keep offensive player from catching	
5	06:52-06:53	1	Water Break	Conditioning
6	06:53-06:59	6	Down Screens	Defense
			Notes: Screen defender covers roll and recover, other defender chases with appropriate closeout	
7	06:59-07:05	6	Cross Screens	Defense
			Notes: Screen Defender drops low, other defender cuts off high face cut	
8	07:05-07:15	10	3 v 3 quarter court comp	Defense
			Notes: no Ball screens allowed, only screen away and cut, can only stay on one half of the court. Defensive stop you stay	
9	07:15-07:16	1	Water Break	Conditioning
10	07:16-07:24	8	Post work with partner Dribble	2 Player Drills
			Notes: 2 ball dribbling for partner, make post moves precise	
11	07:24-07:34	10	Short, Mid, Long Shooting	2 Player Drills
			Notes: Step Back, Step in, Game speed	
12	07:34-07:38	4	Free Throws	Shooting
			Notes: Shoot 1 and 1 until you have made 50 total	
13	07:38-07:39	1	Water Break	Conditioning
14	07:39-08:00	21	5 stops Defense	Defense
			Notes: Defense must get 5 stops, First go Man, than 1-3-1, 2-3 and then 52 and 21	