

**Week 4
Practice 1**

Goals: Work on low post getting open, rebounding and mastering the Motion Offense

Activity		Brief Description
1st Q	Father Judge Press Break Series	Add more 1v1 and 2v1 options
	Team Shooting Drills	Muti-tiered Shooting, both 2 Man and team
2nd Q	Low Post Getting Open series	Focus on how to get open from the low post Go through 5 steps and then apply playing 3v3.
	Apply while playing 3v3	
3rd Q	Man to Man Defense Rebounding 20-22	Techniques, Weak side. Focus on catching with 2 hands and arms high.
	3v3 Rebounding Drill	
	Apply playing 3v3	
4th Q	5v0 Motion	Progression from 5v0 to 5v5 half court
	5v4 Motion	Focus on perfect screens and ball movement Help defense
	5v5 Motion	