

**Week 1  
Practice 2**

**Goals: Focus will be on off-ball movement and getting open. Apply to 3v3 games**

Activity		Brief Description
<b>1<sup>st</sup> Q</b>	Stance Balance Triple Threat Footwork Drill  Getting Open Series	Brief overview and repeat from first practice  Change of Speed, Change of Direction
<b>2<sup>nd</sup> Q</b>	Ball Handling  Shooting Self Pass series	Movement w/ focus on change of speed and direction Mirror Game  Focus on Triple Threat Position and proper form
<b>3<sup>rd</sup> Q</b>	Defense Building a Man to Man Defense  Close Out Drill 1v1, 2v2	Angles, 1v1, When to foul  Apply fundamentals in these 2 drills
<b>4<sup>th</sup> Q</b>	Review of 3v3 Skills  Competitive play of 3v0  3v3	Apply getting open fundamentals  Defense should do their best but realize they will be taught how to defend next practice

**Kūddda**