

**Week 2
Practice 1**

Goals: Focus on getting open and increase competition in 3v3 by applying defensive principles to 3v3.

Activity		Brief Description
1st Q	Star Passing Series	Focus on perfect passes and catches. No exceptions!!
	Winning the Foot war	Emphasis on importance
	Getting Open series	Off ball movement is 90% of the game
2nd Q	Man to Man Principles Off Ball Positioning 2 Passes Away Rope Shell Drill	Off Ball Defense and Shell
	Close Out Drills, 1v1, 2v2, 3v2	
3rd Q	3v3 Defense	Go through 5 series
	Ball Off Ball 2 Passes Away	
4th Q	3v3 Games	6 point Game 1 Basket Half Court 1 Basket Full Court Full Court No Dribble