

Week 2
Practice 2

Goals Put everything together from 1st two weeks. Focus on perfection!
Keep building basis for man defense

Activity		Brief Description
1st Q	Star Passing Variations Perfect 3 Man Weave Passing Variations Foot war and Getting Open	Focus on head up, 2 hands, catch two hands, no bounces
2nd Q	Shooting Self Passing Team shooting	Review and add more variations Add some competition Bergy and Bergy 2
3rd Q	Man to Man Defense Close Out Drill 3v2, 3v3, 4v3	Fighting through Screens
4th Q	3v3 Games Points per Pass, One Basket Full Court 6 Possession	Focus on 3v3 Defense One coach focuses on ball movement Other coach focuses on defense