

Week 3
Practice 1

Goals: Start putting the pieces together for 5v5 games with press break, pressure defense and intro to Motion styled offense

	Activity	Brief Description
1st Q	Star Passing Variations Perfect 3 Man Weave	Get the hands and feet warmed up and move to 3 man weave.
	Introduce Press break with Father Judge Passing	Perfect passes. Basis of a press break
2nd Q	Penetrate and Shoot	Have groups on both wings/sides
	Stations Low Post Mikan series Ball handling change of speed and direction	Rotate after 8-10 minutes
3rd Q	Man to Man Defense Apply playing 3v3	Applying pressure and fighting through screens
	Close Out Drills 4v3, 4v4	
4th Q	Introduce Motion offense 4v0	Focus on cutting, ball movement, 4 spots
	4v4	