

Week 3
Practice 2

Goals: Rebounding and working on Motion Offense

Activity		Brief Description
1 st Q	Father Judge Press Break	Make them perfect! Add defenders for 2v1
	Stations work Low Post 1-5	Feet, rip and curl options
	Guards: change of speed and direction	Use cones as defenders
2 nd Q	Rotate Stations	
	Play 3v3 using these concepts	Focus on player in low post, getting open
3 rd Q	Man to Man Defense- Rebounding	Technique, weak side.
	Apply using 3v3 Rebounding Drills	
4 th Q	4v4 Motion	Ball Movement and cutting
	5v4 Motion	Intro post player and 4 defenders have to guard post
	5v5 Motion	Add 5 th defender