

**Week 4
Practice 2**

Goals: Solidify Motion Offense and options. Continue to dominate low post and rebounds

Activity		Brief Description
1st Q	Star passing 3v3	Variations. Focus on Perfection! Full Court, No Dribble, 6 Possession Game
2nd Q	Low Post review and practice Getting open and drills 3v3 to apply	Review/Continue Low Post Options and Drills to Getting Open
3rd Q	Rebounding 3v3	Continue Focus on 2 Hands and Keeping High Focus on Offense...Ball Movement and Cuts Defense Rebounding Help-Side
4th Q	4v4 5v5	Defense in man to man Defense in even zone. Discuss zone concepts