

Week 3  
Practice 5

Goals Add some physical contact to play. Teach basics within transition setting. Work on strengthening defensive options.

	Activity	Brief Description
1 <sup>st</sup> Q	Stick Work Stretching Pressure Box	Robinson Partner Passing, Winthrop Full Field Dynamic
2 <sup>nd</sup> Q	Adding Contact Screens and Defending Picks	Pivot Drill w/ Contact. (Need noodles) Fundamentals of Setting Picks and Defending On Ball Picks
3 <sup>rd</sup> Q	<b>Transitions</b> 2v1 3v2 Taking the Draws	21 Pipe Drill Continue Drill West Granny Drill and Wing Drill Pull out some players and practice
4 <sup>th</sup> Q	7v7	Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks