

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