

Week 3
Practice 6

Goals: Continue adding physical contact to play.
Reinforce strengthening the defensive options.

	Activity	Brief Description
1 st Q	Stick Work Stretching Shooting	Winthrop Box passing, Tucker partner passing Dynamic Fried Series, Star Shooting Drill
2 nd Q	Adding Contact Screens and Defending Picks	Pivot Drill w/ Contact. (Need noodles) Fried 2v2 Series of Fundamentals of Setting Picks and Defending On Ball Picks
3 rd Q	6v6 7v6 Taking the Draws	Fried 6v6 Drill, 6v6 Dodging Fried 7v6 Drill Pull out some players and practice
4 th Q	7v7	Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks