

Week 3  
Practice 6

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

	Activity	Brief Description
1 <sup>st</sup> Q	Stick Work Stretching Shooting	Winthrop Box passing, Tucker partner passing Dynamic Fried Series, Star Shooting Drill
2 <sup>nd</sup> 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 <sup>rd</sup> Q	6v6 7v6 Taking the Draws	Fried 6v6 Drill, 6v6 Dodging Fried 7v6 Drill Pull out some players and practice
4 <sup>th</sup> Q	7v7	Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks