

CoachHemi.com

Early Season Practice Plan

Monday
October 26th, 2015
Practice #1

Emphasis – Echo Yells

Time	Drill	Emphasis
5:00 – 5:10 (10)	Stretch, Warm-up, Groove Shot / Easy Running	<i>Focus mind</i>
5:10 – 5:20 (10)	Skill Development -SST – pass to Coach, Reverse pivot -2 Ball Dribbling -2 Ball Passing	<i>Go fast enough to make a mistake</i>
5:20 – 5:35 (15)	Passing Series -5 Man Touch -3 Lane Push (Wing, Straight, Curl, Back, 2 nd Cuts)	<i>Precision Passing</i>
5:35 – 5:45 (10)	Defensive Breakdown in 3/3 -Denial, open, shoot the gap -Sprint to helpside -3/3 Front the post	<i>Teach all three stances</i>
5:45 – 5:55 (10)	4/4 Shell -Teach help & cover-down	<i>CLOSEOUTS!!!!</i>
5:55 – 6:05 (10)	Free Throws, Sprints, Water	
6:05 – 6:15 (10)	<u>Perimeters (JH)</u> -Catching Square -Moving without the ball	<u>Posts (Martin)</u> -Power Moves -Up & Unders
6:15 – 6:20 (5)	5/0 Secondary -Flex Screen / Ball Screen / Flare Screen	<i>Spacing</i>
6:20 – 6:30 (10)	Defensive Transition -5/0 Secondary into Defensive Transition	<i>Board Coverage & Guard at half-line</i>
6:30 – 6:40 (10)	Offensive Breakdown -Feed the Post -4/0 Pass & Cut	<i>Understand Angles</i>
6:40 – 6:55 (15)	Team Offense -Secondary into 4 Motion -Secondary into 2 Motion	<i>Communication</i>
6:55 – 7:05	Positioning Shooting -Guards: 5 spot shooting -Posts: Power shots, Step Dribble Hops – Short Corner & HP	<i>High one second follow through</i>
7:05 – 7:15	Kentucky Layups (75 in 2 minutes)	

Pre-Practice Meeting

- You run everywhere you go on the court
- Echo yell any command a Coach gives you
- Intensity & Concentration → Do the little things right

Post-Practice Meeting

