

# DELTA STATE BASKETBALL

**Date:** October, 2 2015

**Time:**

**Practice:**

**STAFF EMPHASIS:**

Time	Activity	Notes	Diagram
6:00	<b>Pre-Practice</b> <b>“BLOCKOUT”</b>	Perimeter 1. Arc Shooting 2. Shooting off flare	
6:10	<b>2/1 Closeouts</b> <b>6 man passing</b> <b>3/3 Vision and Blockout</b>	Post 1. Post maker drills 2. Blockout and outlet	
6:20	<b>3/3 Closeouts</b> 1. Layups only 2. Threes only 3. Paint touch 4. Add low post		
6:30	<b>Pair up and shoot-shot fake</b> <b>Free throws (2)</b>		
6:35	<b>4/4 Change Drill</b> <b>Teach from stationary position</b>		
6:40	<b>3/3 Get back drill</b> <b>Take change drill to full court</b>		
6:48	<b>Free throws (2)</b>		
6:50	<b>Utah Conversion</b> 1. First easy feed to initiate action 2. Conversion layup or post feed 3. Get backs/clock bigs		
7:00	<b>Free throws (33)</b>		

**Upcoming Schedule:**

**Post Practice Notes:**



# PANTHERS