Harvey Sr Girls

Practice #2

October 24, 2019

Teams

Ava, Kate, Lexi, Dara, Maddy, Kenley, Haley

Casey, Mae, Rachel, Cassidy, Cameron, Natalie

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| Drill | Description | Emphasis |
| 3:20 – 3:27  Four-minute shooting | 1 minute rh layups, 1 min pullups right elbow, 1 min left layups, 1 min pull ups left elbow. | Communication |
| 3:27 – 3:34  1 v 1 full court | Play from the left side of the floor. Lane line out of bounds until half. Mid court out of bounds after half.  Competing vs a partner. |  |
| 3:34 – 3:41  Gauntlet Ball handing | Must get to opposite end of the court, through defenders.  2 Groups  Ava, Casey, Mae, Kate, Lexi, Cassidy  Maddy, Cameron, Kenley, Natalie, Haley, Rachel | Can not turn your back to the defender |
| 3:41 – 3:57  4 v 4 Shell | Live on coach’s signal.  First 8 minutes catch and hold, second 8 minutes pass and cut.  Catch and shoot 3s and right hand attacks = 3 points, everything else 1.  Offensive rebound +1  Two offensive rebounds – team to 0. | Communication  Close out with proper angles  Help coming from the right spot.  Positioning off ball – don’t give double gaps |
| 3:57 – 4:11  1 v 1 mid ball screen  Shooting Group | Start with self toss from the nail. Post starts on elbow and steps up into a mid ball screen. Play 1 v 1 off the screen. | Want screen set just inside the three point line.  Angle screen slightly – facing sideline at half court. |
| 4:11 – 4:28  2 v 2 mid ball screen  Shooting group | Same start as above, but now with a defender on the post as well, playing 2 v 2.  Each defender has two options (no switching):  On ball – over or under  Screener – drop or hedge | Get defender to the level of the screen  Get separation from the screen – two dribbles off screen  Defense must talk |
| 4:28 – 4:46  3 v 3 mid ball screen  Shooting Group | Same start as above, now with corner filled as well.  Same options for defenders | Same as above.  Read help defense – pitch to corner for catch and shoot. |
| 4:46 – 5:00  5 v 5 mid ball screen | Same start as above. Now start post on opposite block and player in weak side corner.  Same options for defenders.  After action play off penetration principles. | Spacing from wings – must initially get to corners.  Posts working together – roll and lift or pop and duck in. Want to end up on opposite sides of the floor after action. |