


# Ankeny Centennial High School

November 09, 2020

*Defensive Emphasis:* Fundamentals - priority, eliminate weak links! tradition..... Why?

*Offensive Emphasis:* fundamentals - transition - breakdown work

*Thought of the Day:* COVID -Willpower-United = means for each other!! Benefits vs costs

Time		Activity	Comments/Emphasis
3:45 PM	15	prepractice	ball handle, form shooting
4:00 PM	5	talk	COVID - commits / Willpower- easier said than done
4:05 PM	4	ball handling	2 ball - runchey
4:09 PM	6	6 Minute Shooting	mik, layups - inside hand, one hand, groove shot, threes
4:15 PM	6	stretch	INJURY PREVENTION!!!
4:21 PM	12	individual improvement	team breakdown - 2 side and ball screen
	12	----- individual improvement	ball screen/slip, top down, and elbow series ???????
4:33 PM	5	wildcat shooting	5:00 - set a standard, 1:00, 5 spots - 2 groups - base, base to wing, top, base, base to wing
4:38 PM	4	30 Second Line Drill	4 on time
4:42 PM	5	scramble - willpower	10 perfect is goal, got 10 done..... show and go
4:47 PM	2	2:00 ft's	7-10
4:49 PM	10	Transition - breakdown	out of net, to 1. pass ahead to 2 first, 3 second, into 5
	10	----- Transition - breakdown	2. reversal to trailer - top down to 5 3. reversal, 10
4:59 PM	8	5 on 0 transition	3 trips 5 on 0 - 30, 10 - lanes wide, pass ahead
5:07 PM	5	3 line closeouts	technique, closeout, jump to ball, sprint to help
5:12 PM	1	talk	no week links - we don't quit
5:13 PM	10	wind up - CR match up	regular wind up from inbounds pass- starts off our defense
5:23 PM	5	3 in row rebounding	technique - contact - go get ball! we need all to boards-groups
5:28 PM	5	2 on 2 - 2 courts	deny, help x, recover, closeout - NO, NO reaching
5:33 PM	5	3 on 3 - 1 courts	jump to the ball / ball, help, weakside = every time
5:38 PM	5	3 on 3 circle defense	talk, ball, help, weakside
5:43 PM	5	3 on 3 help helper	show and go / help outside the lane - every time!
5:48 PM	5	4 on 4 down screens	we don't get hung up on screens, jump to ball, get thru
5:53 PM	1	talk	lead with benefits, hide the costs!!! priorities
5:54 PM	10	2 on 2 same side, group 1 vs 2	1. 1 to ball, 1 to basket, no exchange 2 side with defense / stay on same side of floor
	10	----- 2 on 2 same side	pass to person coming to ball, then pass in post-read
6:04 PM	10	individual improvement	per - threes / ball screen / 4 and 5 work
6:14 PM	7	free throws - 30 and record	7-10, 7-10, 7-10
6:21 PM	5	talk	the goods, the bads, the improvements
6:26 PM	5	stretch	
6:31 PM		**End of Practice**	

## Comments:

2 groups -1. maggie, bella, Averi, elle, olivia 2. lizzie, ella, makenna, aliyah, jackie, Nyla

throw boys into one of the groups