

Practice Plan – May 1 <sup>st</sup> , 2010		
4:00 – 4:05	Warm-up	Indian Jog
4:06 – 4:10	Stretching	Leader: Kara
4:11 – 4:20	Free Shooting	BLUE: Olivia/Jennifer/Kara/Shawna/Madison/Chelsea WHITE: Brittney/Sheida/Nancy/Maria/Jorja/Chrissy <b>Goal for today:</b> TALK on defense
4:21 – 4:26	Water break	Review defensive concepts
4:27 – 4:33	Individual Defense	On ball and off ball (3 min. each)
4:34 – 4:41	4 on 4 SHELL Defense	Emphasize making ball handler dribble toward baseline
4:42 – 4:47	Water break	Review shooting technique
4:48 – 4:53	5-spot shooting	3 players per basket
4:54 – 5:15	Introduce 1-3-1 zone offense	Focus on 6 rules of zone offense: <ol style="list-style-type: none"> <li>1. Crisp passing</li> <li>2. Dribble penetrate the gaps</li> <li>3. Flash into the gaps</li> <li>4. Patience</li> <li>5. Take first high percentage shot</li> <li>6. Always be attacking</li> </ol> Switch offense/defense halfway through
5:16 to 5:25	Scrimmage 1-3-1 offense vs. 2-1-2 defense	Half court, turnover halts play and reset. Reinforce 6 rules. Switch offense/defense halfway through.
5:25 to 5:30	Water break	<b>Announcements:</b> <ol style="list-style-type: none"> <li>1. Game Friday at 4:00 PM at Sillyville (pass out maps)</li> <li>2. Pizza after Sillyville game at “Joes”</li> <li>3. Happy Birthday, Olivia</li> <li>4. Next Practice: Monday 5:00 – 6:30 PM</li> <li>5. <b>Quiz:</b> 6 rules of zone offense</li> </ol>