

WEEKLY PRACTICE OUTLINE

Week 1	Week 2	Week 3 (Fall Break)	Week 4
<ul style="list-style-type: none"> • Shooting • Position Play • Conditioning • Agility • Lateral Quickness • Toughness • M-M Def. Principles • Rebounding • 5-Out Motion Principles • 1st BLOB • 1st SLOB • 1st M-M Play ("FIST") 	<ul style="list-style-type: none"> • Transition "D" • Transition "O" • 2nd BLOB • 2nd SLOB • 2nd, 3rd, 4th M-M Plays 	<ul style="list-style-type: none"> • Press "O" • Press "D" • 2-3 Zone ("20") • 3-2 Zone ("30") • 1-3-1 Zone ("10") • Four Zone Offenses (cutter, 5-out, high-low, 4-out) • Jump Ball • FT Rebounding • Game Management & Expectations 	<ul style="list-style-type: none"> • 3rd BLOB • 5th, 6th M-M Plays
Week 5 (Week of 1 st Game)	Rest of the 1 st Semester	Before 1 st Game after Break	2 nd Semester
<ul style="list-style-type: none"> • Special Situations • Late Game Specials • 7th M-M Play • Another Zone Offense • 2-1-2 Zone Offense; ½-court trap break 	•	<ul style="list-style-type: none"> • Zone Traps • 2nd Press • M-M Trap 	•

EVERYDAY PRACTICE SKILLS/PRINCIPLES:

- Rebounding
- M-M Defensive Principles
- Position Play
- Shooting
- Special Situations (once games begin)
- Video (every other day)