



W O M E N ' S B A S K E T B A L L

Practice: Tuesday – October 6, 2009

(60 MINUTE WORKOUT)

- 1:30 Weave + 3 Lanes Straight + 5-Player weave (14 in-a-row)
- 1:35 Rebound – Outlet Shooting Drill
- 1:40 “JT” Defensive Drill (“test”)
- 1:45 1 Cycle (Makes)
- 1-4 / 1-2-4
 - 1-3 / 1-2-5
 - 1-4 / 1-2
 - 1-4 slip / 1-5
 - 4 drag / 5 drag
 - 4 drag / 1-2
- 1:50 3-3 Full Court Defense
- 2:00 1 ½ Cycle
- (A) 1-3 / 1-2 / 1-4
1-5 / 1-1 / 1-3
1-2-4 / 1-2-5 / 1-2-4
- (B) 4 Roll { Post
Top (#2)
Splits
- 2 Thru / 3 Thru / 2 Thru
2H/ 3H / 2H
- (C) 1-3 / 1-2 / 1-4
1-5 / 1-1 / 1-3
1-3-4 / 1-3-5 / 1-3-4
- 2:10 Team Shooting: Skips for 3’s (90 seconds each spot – keep make totals)
- 2:16 5-2 / 5-3 – 2 Cycles
- 2:26 5-Ball Shooting Drill (score 120 points at each hoop in 4 minutes)



W O M E N ' S B A S K E T B A L L

Practice: Friday – October 16, 2009

(2:15 MINUTE PRACTICE - W/ STRETCH)

- 1:15 Stretching and Warming Up
- 1:30 Weave 3 Lanes
- 1:35 Rebound – Outlet Shooting Drill
- 1:40 Defensive Slide Drill / Add “JT” Defensive Drill
- 1:45 5-1-3 1 Cycle (1 Ball)
- 1:50 ½ Cycle
Misses – Call # 3 / 2 / 4 / 1 / 5
Add Power Dribble Out - # 3 / 2 / 4 / 1 / 5
- 1:55 3-3 Full Court 1 Basket Ends
*No Long Passes
*Switch on Screens
- 2:05 1 Cycle

(A) 1-4 / 1-2-4 (D) 1-5 / 1-4 drag
(B) 1-4 / 1-2 (E) 1-4 / 1-5 drag
(C) 1-3 / 1-3-4 (F) 1-4 slip / 1-2
- 2:10 1 – 1 Defense - Top of Key - 3 Groups
- 2:20 4 – 4 Full Deny - 1 Stop & Out
- 2:30 Half Court - Play Action Both Ends

(A) 4 Roll / 5 Dribble
(B) 2 Thru – 3 Thru
(C) 2 H – 3H
(D) 4 Drag – 5 Drag (Double Drag)

- 2:40 1 ½ Cycle Fast Break
 - 1-3 / 1-2 / 1-4
 - 1-5 / 1-1 / 1-2
 - 1-2-4 / 1-2-5 / 1-2-4

 - 1-3 / 1-2 / 1-4
 - 1-5 / 1-1 / 1-3
 - 1-3-4 / 1-3-5 / 1-3-4

 - 4 Drag / 5 Drag / 4 Drag
 - 5 Dribble / 1-4 / 5 Dribble
 - 1-5-4 / 1-4-5 / 1-5-4

- 2:50 4 – 4 Shell – ½ Court
Help & Recover
 - (A) Passing – Demo – Help & Recover
 - (B) Passing – Live on Whistle
 - (C) Passing – (Kai – Shot) Blockout + outlet to #1
 **2X & Rotate Defense

- 3:00 5 – 2 / 5 – 3 2 Cycles

- 3:10 4 – 4 ½ Court
 Live – Run on Misses
 Teams - #1, 2, 3, 4

- 3:20 Group Shooting
 Guards / Bigs

- 3:25 2 ½ Cycle - 30 Seconds