



Notes: Working on turning and Facing

7	Water	1	62	1:56p-1:57p	Break	63
Notes: 1 minute to get water						
8	Rotations	20	82	1:57p-2:17p	Shell Defense	43
Notes: Teach the rotations of shell. - On Ball - Deny/One pass away - Help/Two passes away						
9	2 Buckets	33	115	2:17p-2:50p	Scrimmage	10
Notes: This drill starts with a tip off first team to score 2 buckets wins. We are working on scenarios when the team wins. They will have to shoot a free-throw if they miss the free throw everyone runs if they make the free throw everyone on their team does not have to run.						
10	2 Free throws/Talk/Clean up	10	125	2:50p-3:00p	End of Practice	0
Notes: Make 2 Free Throws - 1 Miss Sideline 8 in 30 seconds - Miss 2 25 Pushups - Rate Practice out of 10 - Balls up, Clean and Clear out.						