

CRESPI CELTS BASKETBALL PRACTICE

November 12, 2012

NOTES:

Cornell summer fees?.....needs to run!

JV games this week: 5 and 7 Thursday night

Varsity games this week: 6 and 8 Wednesday night...El Toro on Thursday at 4 pm + more

Use the shooting charts----do extra shooting!!!!

Tomorrow: shooting at noon...weights at 1

THOUGHT OF THE DAY:

“Every single day I wake up and commit myself to becoming a better player.”----Mia Hamm

TODAY'S FOCUS:

Offense – running offense better...knowing all options

Defense – COMMUNICATING TO EACH OTHER

Mental – running from drill to drill and off and on the court

DRILLS:

Skills:

Olympic Shooting (10)

Arizona (10)

3 on 2 continuous (10)

Offense:

Screens (20)....5 passes before a shot

3 on 3 ¼ court...no switching (10)

1,2,3 (15)

Defense: (high hole; low hole)

3 on 3...jump to ball... dribble or pass (10)

Metro (15)....better ball pressure

Tennessee...(15)...full court man...make or miss!

ORDER:

Olympic Shooting (10)

3 on 3 ¼ court...no switching (10)

3 on 3 defense (10)

Tennessee (15)

Screens (20)

3 on 2 continuous (10)

Metro (15)

1,2,3 (15)

Arizona (10)



-JUST GET BETTER-