



# Loyola Varsity 2015-2016

## Practice Plan

**Date & Time:** Sep 09, 2015 02:45 PM

**Name:** Fall Practice #6

**Location:** Leavey Gym

**Announcements:** Lock into the process!!!

**Quote of the Day:** Iron sharpens Iron, So One Man Sharpens Another

**Defensive Emphasis:** Close Outs and Communication

**Offensive Emphasis:** Open man gets the ball!

#	Time	Min	Activity	Category
1	02:45-02:55	10	5 on 0 Secondary Basic - PG Dribbles At <b>Notes:</b> Chase, Circle, Circle Through, Fist & Drag	Offensive Team Play
2	02:55-03:00	5	Dribble, Pivots & Passing <b>Notes:</b> Right Hand Pounds, Left Hand Pounds, Right Hand Skip, Left Hand Skip, In & Outs w/ Both Hands, Single Hand V's, Double Hand V's - At the end of each dribble move player jump stops, pivots and execute prescribed pass	Warm Up
3	03:00-03:05	5	4 Corner Passing <b>Notes:</b> Pass & Sprint Behind; Work on Pivots; COMMUNICATION	Warm Up
4	03:05-03:10	5	Daily Dozens <b>Notes:</b> Overhead - R & L Hand Underhand - R & L Hand Slide Shot - Both Sides Strong Hand Reverse - R & L Hand Weak Hand Reverse - R & L Hand EuroStep - Outside Ball Fake EuroStep - Inside Ball Fake Running Hook - R & L Hand Up & Under Finish	Warm Up
5	03:10-03:20	10	X Shooting <b>Notes:</b> Elbow Jumpers; 1 Dribble Pull ups; Floaters & Hooks; Lay-ups; Step Backs; 3 pointers	Warm Up
6	03:20-03:21	1	Water Break <b>Notes:</b> Recovery	Rest
7	03:21-03:28	7	Shell Drill <b>Notes:</b> 4 on 4 shell drill - 2 Guard Front; Communication; Close outs Work on Stunts; Work on Down Screens	Defense
8	03:28-03:40	12	Arizona Drill <b>Notes:</b> 4 on 4, continuous half court defense. Defense has to get 3 clean spots. Clean = steal, forced turnover or shot, box out and clean defensive rebound with outlet to coach	Defense
9	03:40-03:43	3	5 on 0 Primary Break <b>Notes:</b> Full speed Break getting shots up from the primary break spots, order goes 2,3,5,4 & 1	Offensive Team Play
10	03:43-03:46	3	5 on 0 Secondary Basic <b>Notes:</b> Hi-Low, 5 man late, Lob, 2 Man Late, Cross	Offensive Team Play
11	03:46-03:49	3	5 on Secondary Break - High Side Option <b>Notes:</b> High side, Follow & Shuffle	Offensive Team Play
12	03:49-03:54	5	5 on 0 Secondary Basic - PG Dribbles At <b>Notes:</b> Chase, Circle, Circle Through, Fist & Drag	Offensive Team Play
13	03:54-03:55	1	Water Break <b>Notes:</b> Recovery	Rest
14	03:55-04:05	10	5 on 5 Line of Retreat <b>Notes:</b> Offense and transition - 5 on 4; Looking for Primary Break; Coming back should be 5 on 5 and use secondary options	Offensive Team Play
15	04:05-04:15	10	5 on 5 Speed Break <b>Notes:</b> Offensive and Defensive Transition; Secondary Break Options first	Offensive Team Play
16	04:15-04:30	15	5 on 5 Scrimmage Free Throw (2 buckets) <b>Notes:</b> Play to 2 buckets. Mix Offense & Defense	Scrimmage