



Loyola Varsity 2015-2016

Practice Plan

Date & Time: Sep 01, 2015 03:00 PM
 Name: Fall Practice #2
 Location: Leavey Gym
 Announcements: Wednesday is a day off.
 Quote of the Day: The only person you should try to be better than, is the person you were yesterday.
 Offensive Emphasis: Perfect Reps!

#	Activity	Min	Time	Category
1	Dynamic Stretching Notes: Captain lead	5	03:00-03:05	Warm Up
2	Ball Handling Notes: Pound the Ball; Skip with Ball; 2 Hands w/ Bust Out; Explode, Jump Stop, Shot Fake, Explode; In & Outs; Zig Zag Crossovers; Btwn the legs; Behind the back; Pull Back Dribble	5	03:05-03:10	Warm Up
3	Daily Dozens Notes: Overhead - R & L Hand Underhand - R & L Hand Power Layups - R & L Hand 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	10	03:10-03:20	Warm Up
4	Outlet Drill Notes: Begins with 2 players in tandem formation. Player 1 throws ball off the glass and rebounds the ball, simultaneously the other sprints to the sideline for the outlet with his back to the sideline. After outlet is received the player pushes on the dribble to the split line and other player fills the lane. They execute a jumpstop, a pass and a finish. Coach his passer with the ball for a jump shot.	5	03:20-03:25	Transition
5	X Shooting Notes: Elbow Jumpers; 1 Dribble Pull ups; Floaters & Hooks; Lay-ups; Step Backs; 3 pointers	10	03:25-03:35	Warm Up
6	3 on 2; 2 on 1 Transition Drill Notes: 3 on 2 - Defenders are up at half crt and top of the key; Shooter get back as the 1 defender	10	03:35-03:45	Scrimmage
7	5 on 0 Primary Break Notes: Full speed Break getting shots up from the primary break spots, order goes 2,3,5,4 & 1	5	03:45-03:50	Offensive Team Play
8	5 on 0 Secondary Basic Notes: Hi-Low, 5 man late, Lob, 2 Man Late, Cross	10	03:50-04:00	Offensive Team Play
9	Individuals Notes: Point Guard - JT; Wings - G Walk; Bigs - Yates	20	04:00-04:20	Player Development