



# Loyola Varsity 2015-2016

## Practice Plan

Date & Time: Sep 03, 2015 03:00 PM  
Name: Fall Practice #3  
Location: Leavey Gym  
Announcements: Hit First, Never Quit & Ready  
Defensive Emphasis: Constant Communication  
Offensive Emphasis: Precision!

#	Activity	Min	Time	Category
1	Dynamic Stretching <b>Notes:</b> Captain lead	5	03:00-03:05	Warm Up
2	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	5	03:05-03:10	Warm Up
3	Warm Up Offensive Stations <b>Notes:</b> Split up into 2 groups; Variety of Finishes with Coach Yates; Moving Dribbling with Coach Walker	10	03:10-03:20	Warm Up
4	Warm Up Defensive Stations <b>Notes:</b> Post 1 on 1's with Yates; Close Out 1 on 1's Walker; Closely guarded 1 on 1's Thomas	10	03:20-03:30	Warm Up
5	4 on 4 Down the Line & Defend <b>Notes:</b> 4 players on the baseline, pass down the line and then close out to corresponding offensive player. Offense only has one dribble...force movement and screens	10	03:30-03:40	Defense
6	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	5	03:40-03:45	Offensive Team Play
7	5 on 0 Secondary Basic <b>Notes:</b> Hi-Low, 5 man late, Lob, 2 Man Late, Cross	5	03:45-03:50	Offensive Team Play
8	5 on Secondary Break - High Side Option <b>Notes:</b> High side, Follow & Shuffle	5	03:50-03:55	Offensive Team Play
9	Review of "10" <b>Notes:</b> Review spacing and timing	5	03:55-04:00	Offensive Team Play
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	10	04:00-04:10	Offensive Team Play
11	5 on 5 Speed Break <b>Notes:</b> Offensive and Defensive Transition; Secondary Break Options first	10	04:10-04:20	Offensive Team Play