



# Loyola Varsity 2015-2016

## Practice Plan

Date & Time: Sep 04, 2015 01:30 PM  
Name: Fall Practice #4  
Location: Leavey Gym  
Announcements: Hit First, Never Quit & Ready  
Defensive Emphasis: Proper Body Positioning & Constant Communication  
Offensive Emphasis: Open man gets the ball!

#	Activity	Min	Time	Category
1	Dynamic Stretching <b>Notes:</b> Captain lead	5	01:30-01:35	Warm Up
2	Sideline Defense Drills <b>Notes:</b> Big Step Sideline to Sideline - Groups of 3 - 2X; Big Step to Sprint - 2X; 1 Drop Step to Close Out - Long & Short Close Outs; 1 on 1 slides to close outs - Long & Short Close Outs	10	01:35-01:45	Defense
3	Vegas Close Outs w/ Coach <b>Notes:</b> Players close out the wing. Work on footwork and hand position. Offense kicks to a coach and begins to move. Players talk about gap and proper positioning.	10	01:45-01:55	Defense
4	Shell Drill <b>Notes:</b> 4 on 4 shell drill - 2 Guard Front; Communication; Close outs Work on Stunts; Work on Down Screens	5	01:55-02:00	Defense
5	Star Passing <b>Notes:</b> Players align in star alignment with a player beginning under the basket. Pass and follow. 5th pass leads to a basket finish.	5	02:00-02:05	Warm Up
6	2 Line Shooting <b>Notes:</b> 20 makes from various spots on the floor, working together on shooting and passing.	10	02:05-02:15	Player Development
7	3 on 2; 2 on 1 Transition Drill <b>Notes:</b> 3 on 2 - Defenders are up at half crt and top of the key; Shooter get back as the 1 defender	10	02:15-02:25	Scrimmage
8	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	02:25-02:35	Defense
9	4 on 4 Line of Retreat <b>Notes:</b> 4 on 4 Full Crt; Offense on baseline; Defense on free throw line extended. Coach passes to offense and the game is live, corresponding defender must sprint in to touch baseline and then becomes trail defender.	10	02:35-02:45	Scrimmage
10	4 on 4 Speed Drill <b>Notes:</b> 4 on 4 full crt. Ball must be pushed in transition. Make quick decision and play basketball!	20	02:45-03:05	Scrimmage
11	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	03:05-03:15	Offensive Team Play
12	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	15	03:15-03:30	Offensive Team Play