



PRACTICE PLAN

Practice #			
Day	Date:	Time:	Site:
Thought for the day:			

Fundamentals	Time	Drills
Ball Handling		
Footwork		
Passing		
Screening		
Cutting		
Shooting		
Free Throws		
Defensive Slide		
Defensive Rotation		
rebounding		

OFFENSIVE	Time	
INBOUNDS		
Press break		
Review Play		
Scrimmage		

Defense	Time	
Inbound		
Press		
Review Play		
Scrimmage		