



Calais Blue Devils

Practice Plan

Date & Time:	Nov 19, 2015 06:30 PM
Name:	Week 1 Day 4
Location:	CHS
Announcements:	Jerseys out today, Also warm up forms and money need to be back in by Saturday if we want to have them for our first game.
Quote of the Day:	Your team doesn't care if you are a superstar, they care if you are a super teammate
Defensive Emphasis:	All players communicating
Offensive Emphasis:	Cut with a purpose, G.O G.O, dribble with a purpose

#	Time	Min	Activity	Category
1	06:30-06:41	11	Short, Mid, Long Shooting	2 Player Drills
			Notes: Step Back, Step in, Game speed	
2	06:41-06:49	8	Dynamic Stretching	stretching
3	06:49-06:53	4	3 v 2 to 2 v 1	Conditioning
			Notes: Strong passes, attack rim look to score	
4	06:53-07:01	8	11 Man Fast Break	Offense
			Notes: Precise Passes, Look to score in under 2 passes	
5	07:01-07:02	1	Water Break	Conditioning
6	07:02-07:08	6	4 v 3 shell	Defense
			Notes: focus on communicating, recovering and getting a body on man. Points for defensive rebounds, offense shoot the ball if left open longer than 1 second	
7	07:08-07:16	8	Basic Shell	Defense
			Notes: Jump to ball, constant communication, those out look to enhance the drill. Start with baseline drive, then middle drive and recover, then add cuts	
8	07:16-07:22	6	5 Out pass and cut	Offense
			Notes: B.F.G, pass then cut to the rim, fill in around, open at baseline and go out. 7th pass should be to cutter for a power finish	
9	07:22-07:23	1	Water Break	Conditioning
10	07:23-07:31	8	1-3-1 work	Defense
			Notes: work on trap and recover	
11	07:31-07:39	8	2-2-1 work	Defense
			Notes: Trap and recover back to man then back to 2-3	
12	07:39-07:40	1	Water Break	Conditioning
13	07:40-07:45	5	Baseline Out of Bounds	Offense
14	07:45-07:50	5	Sideline Out of Bounds	Offense
15	07:50-07:54	4	Free Throws	Shooting
			Notes: 1 and 1 need 35 makes of both shots	
16	07:54-08:00	6	Ultimate Basketball	Offense
			Notes: Passing only, must be strong with catch and pivot to get open, Maybe passes will be penalized	