

TJ Rosene: Day 1 Practice Plan

Practice 1 August 23, 2010 2 Hours, 30 Minutes	Time	Drill	Cues & Reminders	Extra
<i>Day 1: 5 OUT Only</i>	6	Pre-Practice Drills		
	4	Stretch	Communication	
	2	Introduction to Pass & Cut	Perfect Cut Example	
	3	Front Cut		
	3	Rear Cut		
	3	Read Line		
	4	Fill the Spot	Train Ball Handler	
	4	5 OUT	Coach Read Line	Use Spots
	7	5 v. 5 - No Dribble	Power Position - C Floor	
	2	Free Throws		
2	Introduction to Post Passing	Field Goal Post Pass Focus		
6	Full Court Post Pass / Transition Moves	Laker High / Laker Low		
2	Introduction to X Cut	Spacing		
5	Half Court 2 Balls Feed Both			
8	Post / Guard Breakdown			
7	3 v. 3 - Post Feed Live			
2	Free Throws			
2	Introduction to Dribble-At	Back Foot Pass / How to Freeze		
4	4 / 6 Goal Dribble-At Drill	Rotation		
7	5 OUT P&C and Dribble-At			
4	Ball Handling 3 Groups			
2	Introduction to Circle Movement			
2	Walk Through - 5 OUT			
3	Natural Pitch			
3	Safety Valve			
3	Natural Pitch or Safety Valve			
3	Wing Opposite Wing / Opposite Corner			
3	Corner Comeback			
5	5 v. 0 Circle Movement			
3	60 Point Drill			
3	Water / Free Throws			
2	Brief: Spot when Cut - CM			
5	5 v. 0 Circle Movement			
3	5 v. 0 Pass & Cut			
3	1 Pass Circle Movement			
3	2 Pass Circle Movement			
3	Dribble At - Pass - CM			
12	LIVE			
			Note Individual Struggles	