



CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

Master Practice Plan

Things we need to cover before first game:

Week 1 Fundamental Workouts EVERY DAY	Week 2 Fundamental Workouts and 5-on-5 EVERY DAY
<p>Day 1 (Def Emph – Stance/Ball Pressure)</p> <ul style="list-style-type: none"> • Full Court Trips (Teach Drill) • Layers 1&2 (Front/Back Cut, Post Pass) • Circle Movement Shooting • Shell D (Off runs Layer 1-2) • 3-on-3 Rebounding <p>Day 2 (Def Emph – Stance/Ball Pressure)</p> <ul style="list-style-type: none"> • Full Court Trips (Teach Early Offense) • Layers 1-3 (Over Read Line Drills, Dribble At) • Circle Movement Shooting • Shell D (Off runs Layer 1-3) • 3-on-3 Rebounding • Press Offense <p>Day 3 (Def Emph – Closeouts/Travel Air Time)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7) • Layers 1-3 (Add Post Kickout/Refeed) • Post/Perimeter Breakdown • Shell D (Off runs Layer 1-3) • 5-on-5 Box out into layers (w/Mats) • Press Offense <p>Day 4 (Def Emph – Closeouts/Travel Air Time)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layer 4 (Emphasize Heavily) • Shooting Ritual. Circle Movement Shooting • Shell D (Off runs Layer 1-3) • 5-on-5 Box out into layers (w/Mats) • Press Offense <p>Day 5 (Def Emph – Communication)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layers 1-4 • Circle Movement Shooting • Shell D (Off runs Layer 1-3) • 5-on-5 Box out into layers (w/Mats) • BLOB/SLOB/EOQ • Press Offense <p>Day 6 (Def Emph – Communication)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layers 1-4 • Defending Screens • All Rebounding • BLOB/SLOB/EOQ • Press Offense • Team Meetings 	<p>Day 1 (Def Emph – Pass Denial/Dead Calls)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layers 5, 6 • Shell D (Off runs Layer 1-4) • 5-on-5 Box out into layers (w/Mats) • BLOB/SLOB/EOQ • Press Offense <p>Day 2 (Def Emph – Pass Denial/Dead Calls)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layers 1-6 • Shell D (Off runs Layer 1-4) • 5-on-5 Box out into layers (w/Mats) • BLOB/SLOB/EOQ • Press Offense <p>Day 3 (Def Emph – Jump to Ball/Bump Cutter)</p> <ul style="list-style-type: none"> • Full Court Trips (Simple 7 w/Defense) • Layers 1-6 • Caffeine Sets • Shell D (Off runs Layer 1-4) • 5-on-5 Box out into layers (w/Mats) <p>Day 4 (Def Emph – Jump to Ball/Bump Cutter)</p> <ul style="list-style-type: none"> • Full Court Trips • Layer 7/Zone Offense • Caffeine Sets • Shell D (Off runs Layer 1-6) • All Rebounding <p>Day 5 (Def Emph – Midline/Lane Protection)</p> <ul style="list-style-type: none"> • Full Court Trips • Layers 1-7/Zone Offense • Caffeine Sets • Shell D (Off runs Layer 1-6) • All Rebounding • Ball Press <p>Day 6 (Def Emph – Midline/Lane Protection)</p> <ul style="list-style-type: none"> • Full Court Trips • Layers 1-7/Zone Offense • Caffeine Sets • Shell D (Off runs Layer 1-7) • All Rebounding • BLOB/SLOB/EOQ • Press Offense • Ball Press • Pregame Warmup/Tips