

Radius Athletics

Track practices & compare to previous year.

Practice Plan

Focus on Ind. Skill

Date: _____ Practice #: _____

Pre-Practice:

1/0 Chair Drills (Partner up and work curls, back cuts, straight cuts and out cuts)

Dynamic WarmUp (Starts promptly at 3:35pm) (7:00):

- Ladders & Cones - speed, agility & movement training
- Dyanmic Stretching (5 lines)

Warm-up all ROM

Guard/Post Breakdowns (10:00)

Guards (Coach A) 2/0 downscreen, 2/0 Shallow Cut
 Posts (Coach B) Work the U drill, Cross Screen setups, Duck ins

ind player develop framework of the offense/system shooting & 1st work

Transition Period (15:00)

Rim Run Drill (Coach with blocking pad on opposite end)
 2.5 Trips (Form groups of 5 – two screeners, two cutters and a post)
 o 5/0
 o 5/5 on last trip

- A lot of 5vs5 work uptempo; little stoppage if/then scenarios "COACH IN TWEETS"

Live Session: game based

2/2 with a Coach (Both ends) (8:00) ^{FIBA QTRs (10:00)} "You score you stay! Give up a hoop and rotate!"

S-curve groups

Jones	Smith	Black	Johnson	Ellis	Fredricks
Martin	Taylor	Dillard	Marcus	Jackson	Paul

FTs/H2O 4:00 - screener & cutter in each group.

3/3 Session (Same teams during all three man drills) 3/3 Cut Throat (8:00) Halfcourt - can go FC if needed.

S-curve groups

Jones	Taylor	Black	Dillard
Martin	Johnson	Marcus	Ellis
Smith	Jackson	Fredricks	Paul

(Restrictions during last 4:00 – start action with cross screen, curls and back cuts count double)

FTs/H2O 4:00

4/2 Session (5:00) Emphasis (inside cuts, defense play the play or lock and trail) guided defense

4/4 Change full court (8:00) allow full court various 4vs4 games

S-curve groups

Jones	Taylor	Martin
Johnson	Smith	Jackson
Black	Marcus	Fredricks
Dillard	Ellis	Paul

FTs/H2O 4:00

Thought For The Day:

All in for the team!

motivational quotes, thoughts & emphasis
 Team program announcements listed here.