

DATE _____

START TIME

LENGTH

TEAM

PRACTICE FOCUS

EQUIPMENT

[illegible]

Notes and adjustments

Player notes (attendance, injuries, minutes)

Focus: ball movement against switching man defense • **Equipment: balls, cones, scoreboard**

Time	Min	Drill / segment	Focus	Coaching points
3:30	8	Two-Ball Warmup Pound Series + dynamic stretch	Warmup	Even rhythm, stay low. Build pace only if clean.
3:38	8	Mikan Drill Both Hands Progression	Finishing	Correct takeoff foot each side. Ball stays high.
3:46	8	T-Drill Defensive Agility	Footwork	Stay low on slides. Touch every cone.
3:54	10	4-Man Passing Shell with Cutting	Ball movement	Cut after every pass. Fill the spot with urgency.
4:04	12	Drive-and-Kick Read Series	Advantage reads	Attack downhill. Read the help, not a set target.
4:16	3	Water		
4:19	10	Live Box-Out 1v1	Rebounding	Call "shot". Box out first, then pursue.
4:29	10	Defensive Rebound Outlet Read	Transition start	Decide in the first half-second. Protect with pivots.
4:39	10	Numbered Fast Break (1-2-3 Lanes)	Transition	Whoever gets the ball is lane 1. Sprint to fill.
4:49	8	Baseline Quick-Hitter Layup (BLOB)	Special situations	Inbounder ready the instant the ball is live.
4:57	15	Constraint Scrimmage: Two-Pass Minimum	Game play	Move it with purpose, not just to satisfy the rule.
5:12	3	Free throws + team talk		Two makes in a row to leave.

Build this in Hoops Helm in two minutes

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