

**MAYVILLE STATE
UNIVERSITY
WOMEN'S BASKETBALL
PRACTICE SCHEDULE**



2020-2021

**DAY: Monday
DATE: 11/9/20
PRACTICE #: 21**

Pre-Practice or Post-Practice Talks - Workouts - Film	Announcements	Coaching Emphasis
3:05—3:10	Dynamic Warm Up	
3:10—3:15	Full Court Passing	30/3:00—30 Baseline Touches in 3:00
3:15—3:23	5/0 Actions—OBC	Play w/ Pace, Ball Sureness
3:23—3:33	Position Work -Perimeter -Post	3/3 DHO w/ Trail, Drift-One More Shots Ball Screen Finishes, Hi Post Shots, Oreb's/Shots
3:33—3:38	Feed the Post Drill -3/3 "Wide" Screen—"T"	Fill corner UNDER the post—Pivot/Pass "T" Pass
3:38—3:45	5/0 Transition—2 Trips -Makes/Misses	Makes = Action, Miss = Enter Ball
3:45—3:51	6:00 Shooting	
3:51—3:55	Free Throws & Water	
3:55—4:05	5/5 Stop/Score/Stop—Start w/ FT Block Out -Defense—"5" - Rules -Offense—Actions/Motion	OBC/Conversion—Make them play against our "5" TEMPO/PACE
4:05—4:10	4/4 "Circle" Block Out	BOPCRO
4:10—4:20	Individual Defensive Drills -Perimeter -Post	1/1 Guarded Catches (1/2 Passes Away), 2/2 Ball Screens 1/1 "Wall Up", H/R—High Post Catch
4:20—4:28	3/3 Helpside Drill	Proper: Positon, Rotation, Close Out, Block Out
4:28—4:35	5/5 Rules—COMPETITIVE	Sprints = Rules
4:35—4:40	2 Balls/3 Shooters—COMPETITIVE	
4:40—4:45	Free Throws & Water	
4:45—4:52	3/3 "Wide" Screens—LIVE	"Squeeze" Coverage—"Twist" Action
4:52—5:00	5/5 "Comet" Action—LIVE -ALL players roil	Proper Position—Defend "Like" Ball Screens
5:00—5:10	5/5 LIVE—Start w/ BOB's	