

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