

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



**DAY: Tuesday  
DATE: 11/10/20  
PRACTICE #: 22**

**Pre-Practice or Post-Practice  
Talks - Workouts - Film**

**Announcements**

**Coaching Emphasis**

4:30—4:40	Warm Up Shooting	
4:40—4:45	Dynamic Warm Up	
4:45—4:50	Full Court Passing—30/3:00	
4:50—5:00	Position Work -Perimeter -Post	3/3 DHO-Weave, 2/0 Ball Screens—Attack Chair 1/1 LIVE, P&R Finishes, Mid Pick Pop
5:00—5:10	Post Feeding Drills -2/2 Wing Entry (5) -2/2 Maui Feeds (5)	
5:10—5:25	5/5 Offensive Possessions—COMPETITIVE -All Actions	Win = Score, Sprints = TO's Shot Selection = Sides of the Floor
5:25—5:30	2 Balls/3 Shooters	
5:30—5:35	Free Throws & Water	
5:35—5:45	Individual Defensive Drills -Perimeter -Post	1/1 LIVE (1-2 Passes Away), 2/2 Defend Ball Screen—Switch 1/1 “Wall Up”, H/R-Hi Post
5:45—5:50	3/3 Auburn Drill—COMPETITIVE	
5:50—6:00	5/4 Disadvantage Drill—COMPETITIVE	Rules: NO 3's, Lay Ups Offense = Pass/Cut—No Post Ups
6:00—6:05	Free Throws & Water	
6:05—6:20	5/5 LIVE -Start w/ BOB, FT, Action	Offense = Sureness, TEMPO/PACE Conversion = Make them play against our “5”
6:20—6:30	5/0 BOB's	Box Slam, Box Pistol
6:30—6:40	5/5 “Comet” Action	Defend Dickinson State Defend the RULES