

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



**2020-2021**

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

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