MAYVILLE STATE UNIVERSITY WOMEN'S BASKETBALL PRACTICE SCHEDULE

COMETS Mayville State University **2020-2021**

DAY: Thursday
DATE: 11/12/20
PRACTICE #: 24

Pre-Practice or Post-Practice Talks - Workouts - Film	Announcements	Coaching Emphasis

2:15—2:20	Dynamic Warm Up	
2:20—2:25	2 Balls/3 Shooters	
2:25—2:35	5/5 BOB's	Box "Slam", Box "Pistol" BOB Defense—protect the rim & match up—Trail ballside
2:35—2:47	5/5 "O" Possessions—COMPETITITVE -Defense -Offense	 "5" - Drop/Squeeze Coverages Actions/Entries
2:47—2:54	6:00 Shooting	Partners—60 Makes/6:00
2:54—2:59	Free Throws & Water	
2:59—3:04	4/4 "Circle" Block Out	NO MISSED BLOCK OUTS!!!
3:04—3:15	5/5 "Comet" Action	Defend "Like Ball Screens—Switch & Jump to Ball Drop/Squeeze Coverage
3:15—3:27	5/5 LIVE—start w/ FT, Entries -Offense -Conversion	 Transition: Makes/Misses, BALL SURENESS Get back and play Conversion Rules
3:27—3:32	Free Throws & Water	
3:32—3:40	5/5 "Blue" -Defense—"Blue" -Offense—Zone "O"	 One Pass, 2 Passes Away—Defend the Ball 3 Perimeter/4 Spots, Move the ball quickly
3:40—3:45	2 Balls/3 Shooters—TEAM	60 Makes/TEAM—ENERGY