



#1 Oct 15 Thursday

**4:00 (5) Installation**

Slice Point

**4:05 (20) Habits of Movement**

1. Slow low and wide
2. Explode Explode
3. Explode run Explode
4. Chop and Pop (Offense)
5. 3 spot closeout
6. 3 spot closeout with explode

Star closeout

- Contest

Closeout help (F-F)

Closeout gap(G-G)

**Triangle closeouts**

- Explode
- Explode-R-Explode
- Ice
- Jump to deny
- Deny
- Stunt to deny
- Stunt to closeout

Fill Sink Body (Hot)

Consecutive closeouts

Tags

4 square shooting (2 baskets)

**4:25 (10) Individual Skills**

- 2 Minute Drill
- Arc Finishing

**4:35 (8) 4 square**

1. Passing
2. Kickback
3. Skipback
4. Jumpskip
5. Snapback
6. Bounce out
7. Nash/ Dribble moves
8. Control to go

**4:43 (6) Full court Italian**

- Quick pitch attack
- Fat
- Quick pitch attack escape (Punch)
- Fill (Give and go)
- Pistol chase
- Pistol Keep
- 5/50/Face

**4:49 (4) Rainey Free Throws**

**4:53 (15) Team skills/4 Baskets**

Half-court Italian

2 line Series: (Guards)

- FAN Quick pitch
- FAN Fill

(Forward)

- Quick pitch Wing to high guard
- Wing to wing by-pass 3

P-High

**G-G-F**

- Fingers/ Shot Pass
- Fat Second cutter
- 3<sup>rd</sup> cutter
- Fan fat drift
- Bounce out Tap
- Bounce out T
- Fill
- Fingers snapback 3/down

**5:08 (5) 5-0 Transition/ Conversion**

(Makes/ Misses)

Pitch Ahead/ Attack (Advantage)

Pitch ahead baseline drift one up

Pitch ahead Post feed

Rim runner

Attack

Drag

Pitchback Attack

Fingers/ Fan

**5:13(20) Positioning/ Shell (JM)**

(2) Stationary (2 count)

(3) Touch cutter (G-F) (Joe)

(3) 4-4 Stunt 1 dribble

(3) 4-4 Stunt 1 dribble quick swing

(4) 4-4 ICE

**5:38 (5) 5-0 PCR Conversion (Set the Defense)**

**5:43 (9) Beating Screens (JB)**

(3)Diamond

(3)Down

(3)Flare

**5:52 Rainey FT**

**5:57 Possessions/ Down back down**

Situational Offense

Bounce outs

Fills



#2 Oct 16 Friday

**(Develop habits)**

**4:15 (5) Installation**

Flash (Pinch/Pistol)

Smoke

Diamond

**4:20 (15) Habits of Movement**

1. Slow low and wide
2. Explode Explode
3. Explode run Explode
4. Chop and Pop (Offense)
5. 3 spot closeout
6. 3 spot closeout with explode

Star closeout

- Dig

Closeout help (F-F)

Closeout gap(G-G)

Closeout gap (G-F) 2 lines

**Triangle closeouts**

1. Explode
2. Explode-R-Explode
3. Dig
4. Ice
5. Jump to deny
6. Deny
7. Stunt to deny
8. Stunt to closeout

Fill Sink Body (Hot/ Go)

4-4 Baseline drives (Hot/Go)

Tags

4 square shooting (2 baskets)

**4:40 (10) Individual Skills**

- 2 minute drill
- Pinch Barkleys

**4:50 (6) Sideline Series**

Walking Pound/ countdown pounds

Perfect catch

Slow read/ Quick read

Arc Control to go

Arc Speed

Arc bounce out

**4:56 (14) Positioning/ Shell (JM)**

- (2) Stationary (2 count)
- (3) Touch cutter (G-F) (Joe)
- (3) 3 around 1 dig
- (3) 4-4 Stunt 1 dribble
- (3) 4-4 Stunt 1 dribble quick swing

**5:10 (12) Team Skills 4 Baskets**

Half-court Italian

P-High

2 line Series: (Guards)

- Fingers finish/js/sb

**G-G-F**

- Quick pitch 3
- Fill 3
- Wing guard 3/ Attack/ JS/ Drift
- Snapback series (Alley)
- Fat Safety
- Point/ Spin

**5:22(5) 4-4 D and Space**

5:28 (4) Rainey FT

**5:32 (8) 5-0 Transition/ Smoke**

**Conversion**

Pitch Ahead/ Attack (Advantage)

Pitch ahead baseline drift one up

Pitch ahead Post feed

Rim runner

Attack

Drag/ Flow

Pitchback Attack

Fingers/ Fan

**5:40 (15) Beating Screens (JB)**

(3) 4-4 DHO

(4) 4-4 Ice

(3)Down

(3)Flare

(3) Diamond

**5:55 (6) 3 Minute Shooting/ Post work**

**6:01 5 vs 1 Conversion/ Possessions**



#3 Oct 17 Saturday

**7:30 (5) Installation**

Fingers Point

Tap 2

**7:35 (12) Habits of Movement**

1. Slow low and wide
2. Explode Explode
3. Explode run Explode
4. Chop and Pop (Offense)
5. 3 spot closeout
6. 3 spot closeout with explode

Box

Closeout help (F-F)

Closeout gap(G-G)

**Triangle closeouts**

1. Explode
2. Explode-R-Explode
3. Ice
4. Jump to deny
5. Deny
6. Stunt to deny
7. Stunt to closeout

Energizer

Tags

**7:47 (6) Individual Skills**

2 minute drill

**7:53 (4) 4 Square**

**7:57 (4) Italian**

- Quick pitch
- Fat

**8:01 (10) Team Skills 4 Baskets**

Fat 3<sup>rd</sup> cutter

Fat Safety

Point

Snapback

**8:11 (6) Shell**

4-4 cutters

4-4 Ice

**8:17 (10) Half court execution**

- 3 fist
- Point
- Spin
- Pinch
- Tap 2

8:27 (6) Bird Shooting

8:33 Rainey FT

8:40 Smoke plus transition

8:50 Black plus transition

9:00 Dead plus transition

9:10 FT

9:15 5 minute games



## #4 10-19-15 Monday

AM turn around

DM...chop pop/ wide

### 6:00 Film

### 6:45 Installation

#### OBU

Over/Under

### 7:00 (15) Habits of Movement

- Slow low and wide
- Explode Explode
- Explode run Explode
- Chop and Pop (Offense)
- 3 spot closeout
- 3 spot closeout with explode

### Triangle closeouts

- Explode
- Explode-R-Explode
- Ice
- Jump to deny
- Deny
- Stunt to deny
- Stunt to closeout
- 2x movement
- Angle/ Stunt

Closeout help (F-F)

Fill Sink body Go

4-4 Baseline drive

3 Consecutive closeouts (Personnel)

Energizer 2

Tags

4 Square Shooting

### 7:15(24) Individual Skills

(6)2 minute drill

(4)Finishing (slack/ in out)

(4) 4 square

vertical slack

(5) Italian (Fill, Pinch)

(6) 3 minute (bigs show)

### 7:34 (12)Team Skills 4 Baskets

P-High

G-G-F Fat Safety

Fingers snapback

Check

Tap fan

Point

Spin

### 7:46 (8) 5-0 PCR Smoke conversion

### 7:54 (6) Half court PCR Execution

### 8:01(4)4-4 Drive and Space

### 8:05 (4) Cardinal

### 8:09(5) Rainey FT

### 8:15 (10) Shell Defense

Cutters

Ice/ Stationary and exchange

Cutters to ICE

### 8:25(8) Defending Mid-POB

Mid-POB continuity

Nail hole POB

### 8:32 Possessions

5 vs 1 Conversion



#5 10-20-15 Tuesday

**6:15 Film**

**6:30 (10) Installation**

Power  
Fingers Corner

**6:40 (15) Habits of Movement**

- Slow low and wide
- Explode Explode
- Explode run Explode
- Chop and Pop (Offense)
- 3 spot closeout
- 3 spot closeout with explode

**Triangle closeouts**

- Explode
- Explode-R-Explode
- Ice
- Deny
- Stunt to deny
- Stunt to closeout
- 2x movement
- Angle/ Stunt

Closeout help (F-F)

Fill Sink body Go

4-4 Baseline drive

3 Consecutive closeouts (Personnel)

Energizer 2/ Add 3<sup>rd</sup>?

4 Square Shooting

**6:55 (25) Individual Skills**

(6)2 minute drill

(4) Baseline finishing (Pinch/Pistol)

(4) Build Wall/ Charge drill

(6) Sideline Series

- Walking Pound/ countdown pounds
- Perfect catch
- Slow read/ Quick read
- Arc Control to go
- Arc Speed
- Arc Bounce out
- Partner passing/ 3 pounds

(6) Bird Shooting/ Big Defense

**7:20 (10) Team Skills 4 Baskets**

Fingers shot pass

Fingers bounce tap

Fingers bounce tap to P-High

**7:30 (4) Rainey FT**

**7:34 (8) PCR to Missed shot conversion**

Power

Fingers Corner

3

Flash 3

**7:40 (10) Half court Execution**

**7:50 (5) 2 basket defense**

Circle Rotation

**7:55 (10) 4-4 Defending screens**

Box

Flare

Diamond

Diagonal

**8:05 (8) PCR to Made shot conversion/ Black...Dead ball**

Point

Point crease

Spin

Chop

Chop in

Fingers alley

Slice alley

Fingers Bump

**8:13 (6) 4-4 Shell**

4-4 Dig

Cutters/ ICE

**8:19 (12) 5-5 Ball Screen Defense**

Mid POB

Butler POB continuity

**OBU Execution**



#6 10-21-15 Wed

**8:45 Film**

JV Varsity, writing the story too soon

**9:00 (15) Installation**

Slice follow/5

Solo

SOB/ Box/ Line

**OBU**

**9:15 (5) Habits of Movement**

- Slow low and wide
- Explode Explode
- Explode run Explode
- Chop and Pop (Offense)

**9:20 (6) PCR**

Slice follow/5

Pistol go

Fingers fan

Slice Fan

U/ Fingers bounce U

Invert

Wave/ Tap/ Pistol/ Alley/Point

**9:26 (14) Individual Skills**

Finishing school

Closeout Shooting

2 minute drill

**9:40 (12) Team Skills**

Slice Point/5/crease

Slice Spin

Fingers Point

Fingers Spin

**9:52 (10) 5-0 PCR Point Series**

Add wave and forwards out

**10:02 (12) Defensive Breakdown**

Diagonal/ Jed

Cutters/ Ice

5-5 Butler

**10:14 (8) FT**

Partner shooting Make 5

**10:22 (10) PCR**

3

Flash 3

Check fingers

Chop

Chop in

Alley

Forwards in

Tap 2

Power/ Spin

Fingers corner...throw pass

Fingers bump

**10:32 (10) Half court possessions**



## #7 10-22-15 Thursday

Check fingers fan Trevor's left hand  
 Fingers fan catch for center drives  
 Check invert to drive other way  
 Trap post  
 Switching  
 Press/ keep on side  
 Play 1-1 ball screen Friday

### **8:30(10)Film**

Learning from each other  
 Grace

### **8:40 (12)Installation**

*Check invert*  
*Line*

### **OBU PCR**

### **8:52(15) Habits of Movement**

- Slow low and wide
- Explode Explode
- Explode run Explode
- Chop and Pop (Offense)
- 3 spot closeout
- 3 spot closeout with explode
- Star contest

### **Triangle closeouts**

- Explode
- Explode-R-Explode
- 2x movement (Personnel)
- Angle/ Stunt

Closeout help (F-F)

Closeout gap (G-G)

3 Consecutive closeouts (Personnel)

4 Square Shooting

### **9:07 (26)Individual skills**

6)2 minute drill

(4) Finishing

(4) Build Wall

(6) Sideline Series

- countdown pounds
- Slow read/ Quick read
- Arc Control to go
- Arc Speed

### **9:33(10) Team Skills 4 baskets**

Draw charge  
 Baseline Series  
 Snapback

### **9:43(6) Attack 33 (Blue vs White)**

### **9:49 (8)5-0 Transition/PCR with**

### **Conversion**

*Pitch ahead/ bust out*

*Check invert*  
*Fingers bump*  
*Wave tap*

### **9:57 (5)FT**

### **10:02 (12)Half-court execution**

P-high  
 Dribble center down  
 Fill

### **10:14 (10) Defensive Breakdown/ Jed**

2 baskets circle rotation  
 Diagonal  
 Diamond

### **10:24 (8) PCR**

*Chop*  
*Chop in*  
*Flash 3*  
*Alley*  
*Fingers fan*  
*Slice Fan*  
*Weak-side*

### **10:32(16) Defensive Breakdown**

### **POB/ Joe**

High low 5-5/ Joe  
 Mid POB  
 Butler dive  
 Butler pop

### **10:48 (15) 2x Zone**

(5) Walk thru

(5) 2x breakdown

gds/ High post

Bigs

(5) 2x 5 vs 6

Odd

Even

### **11:03 Possessions**

Zone possessions