

**Practice # 1**

3/31/2013

| Drill                                | Time        | Comments                                      |
|--------------------------------------|-------------|---|
| Warm Up                              | 3:00 - 3:05 |   |
| 16 Across                            | 3:05 - 3:10 | Split the guys into two groups.               |
| Water Break                          | 3:10 - 3:15 |   |
| Triangle Rebounding                  | 3:15 - 3:23 | 3 groups of 4.                                |
| Free Throw Drill                     | 3:23 - 3:33 |   |
| Water Break                          | 3:33 - 3:38 |   |
| Defensive Skillwork                  | 3:38 - 3:48 |   |
| Scrimmage                            | 3:48 - 3:58 | Gold and blue jerseys. Sprints for turnovers. |
| Notes & Reminders                    |             | Today's Emphasis                              |
| Game tomorrow. Bus leaves at 1:45pm. |             |   |