

Date: 10/22/13

St. Pius X Basketball

Practice #: 7

<p>Pre-Practice          Passing/Handling/Catching          Warrior Lay-ups          Post Touch/Perimeter Catch</p>	<p>Offense:          Panther Movement          Bama/Gator/Rebel</p>	<p>Defense:          12-Man to Man Defense          Inside/Out          No Penetration</p>
<p>Time:          4:00-4:10          4:10-4:25          4:25-4:30          4:30-4:40          4:40-4:45          4:45-5:00          5:00-5:05          5:10-5:25          5:25-5:35          5:35-5:40          5:45-6:00          6:00-6:20          6:20-6:25          6:25-6:30</p>	<p>Warm-up Running/Stretching          Pre-Practice              -Continuous Passing/Suicide Ballhandling      -Warrior Lay-Ups              -3/0 Primary Breaks      *No Turnovers-5min          Post Feeds/Perimeter Touches      *No Turnovers-5min          Transition Offense/Transition Defense              -5/0 2 Trips      *5 sec-Inbounds      *White-Defenders          Shooting Progression          Position Breakdown (Offense)              -Guards- Carr/Levy      -Post-Scott/Earl          3 in a row      *Miles-Chart          Team Defense              -Slide Series      -Shell-Walkthrough      -Coverdowns/Jail          Position Breakdown (Defense)              -Guards- Carr/Levy      -Post-Scott/Earl          3 in a row          Offensive Movement              -Panther      -Bama/Gator/Rebel          Stop/Score          Fundamental Finish      -Contested Catches      -Free Throw/Box Out/Outlet          3 in a row</p>	
<p>Notes:          Quick Inbounds-5 sec rule          Teach, Teach, Teach!</p>	<div data-bbox="510 1702 845 2004" data-label="Image"> </div> <p><b>Servant Leadership</b>  <b>Championship Effort</b>  <b>Team Attitude</b>  <b>Proverbs 16:26</b></p>	<p>Emphasis:          Good Defense          Box Out          Finish Plays          Don't Panic</p>