



UT ARLINGTON
Championships Are Won Today!!!

Date: 10/15/2013
Time: 3:40 PM
Location: College Park Center

Conditioning Stations
3:40 PM - 4:00 PM (20 min)

- Drill Notes:
- Station 1 : Slide Zig Zags (GY / Draw / Johnny)
 - Station 2 : Rim Touches
 - Station 3 : Sprint Zig Zags (ZB / Greg / Shaq)
 - Station 4 : Box Closeouts
 - Station 5 : X Out Closeouts (AP / BC / Manager)
 - Team 1 : LM, RD, BE, BW
 - Team 2 : VD, JO, SL, JB
 - Team 3 : LD, KM, CA, AW

Basketball Stations
4:00 PM - 4:30 PM (30 min)

- Drill Notes:
- Basketball stations will be 6 Min each (1 Min to Explain & 5 Min of Work) for a total of 24 Min. I will spend 6 Min explaining each station before we begin.
- Station 1 : Drive At, Drive Away (BC / Drew)
 - Station 2 : Defending Ballscreens (ZB / Johnny)
 - Station 3 : Weakside Rotations (AP / Shaq)
 - Station 4 : Defending Screens (GY / Greg)
- 3 Teams**
- Team 1 : LM, RD, BE, BW
 - Team 2 : VD, JO, SL, JB
 - Team 3 : LD, KM, CA, AW

Run "Arlingtons"
4:30 PM - 4:42 PM (12 min)

Drill Notes:

"Arlingtons" = Have 5 Lines (14 Players = 4 Lines of 3 Players & 1 Line of 2 Players / 13 Players = 3 Lines of 3 Players & 2 Lines of 2 Players / 1st player in 2 Man Line must run twice / One person in one of our 3-Man lines will have to dribble a basketball).

The running consists of each person completing a 1/2 Court & Back, Full Court & Back. The 2nd person in line can start as soon as the 1st person crosses the nearest FT Line.

Times for 8 "Arlingtons" will be: :48 / :48 / :47 / :47 / :47 / :46 / :46 / :45.

If we go 8-0 on the "Arlingtons," we will give a 2 Min break before we run the "Mavericks."

Individual



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Run "Mavericks"
4:42 PM - 4:55 PM (13 min)

- Drill Notes:
- "Mavericks" = Have 7 Lines (14 Players = 6 Lines of 2 Players & 2 Lines of 1 Player / 13 Players = 6 Lines of 2 Players & 1 Line of 1 Player.
- Solo Runners will have to run twice. They can turn at the FT line at the end of their 1st sprint / One person in one of our 2-Man lines will have to dribble a basketball).
- The running consists of each person completing a 1/2 Court & Back, Full Court & Back. The 2nd person in line can start as soon as the 1st person crosses the nearest FT Line.
- Times for 6 "Mavericks" will be: :33 / :33 / :32 / :32 / :31

All lines must complete the sprint in the given time for it to count. Every time that all 8 lines make it in the given time, we get a win. If we do not make it, we get a loss & do it again.

Individual

Post-Practice

Track 1

Foam Roll
5:40 PM - 5:47 PM (7 min)

- Drill Notes:
- Calves / Hamstring / Glute / Back / IT Band / Hip Flexor / Groin / Quads
- Individual**

Stretch
5:47 PM - 5:55 PM (8 min)

- Drill Notes:
- Partner Stretch = 2 X each leg for 30 Seconds
 - Quad / Hamstring / Butterfly / Hip Flexor
- Individual**



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Team Messages

Thought Of The Day

"If you're serious about going where you've never been, pushing higher and further than you or anyone else thought you could, it's time to trust the voice inside telling you to do what you know you can do and become truly relentless." -Tim Grover

Pre-Practice

Track 1

Jump Rope
3:20 PM - 3:25 PM (5 min)

Drill Notes:
GY

Individual

Dynamic Warm-up
3:25 PM - 3:30 PM (5 min)

Drill Notes:
Captains Lead

Individual

Foam Roll
3:30 PM - 3:35 PM (5 min)

Drill Notes:
Calves / Hamstring / Glute / Back / IT Band / Hip Flexor / Groin / Quads

Individual

Ladder Closeouts
3:35 PM - 3:40 PM (5 min)

Drill Notes:
Scissors / Zig Zag / Lateral Zig Zag / A-Skip / Slalom / Hop Scotch / 2 In / Machine Gun /

Icky Back / Icky Back Wide / Hip Snap

Individual

Main Practice

Track 1