

October 21, 2013

Practice #: 17

**Waltrip Boys' Varsity Basketball  
Athletics Practice Plan  
2013 – 14**

**ANNOUNCEMENTS:** X-C after school; Practice #1 Wednesday – Athletic Period

**EMPHASIS of the DAY:** Shooting/Footwork,

**THOUGHT OF THE DAY:** "What I put into my basketball is what I get out of it." Grant Hill

<u>TIME</u>	<u>DRILL</u>	<u>EMPHASIS</u>
3:00 – 3:10	Active Warm Up	
3:10 – 3:20	2 Basketballs	
3:20 – 3:40	Perfection	
3:40 – 3:50	Position Shooting	Footwork
3:50 – 4:00	Defensive Shell: Close-Outs, Rebounding, TALK	
4:00 – 4:10	BLOBS: Box Back & Base 1 & 2	

**COMMENTS:**

**PRIDE**