

Irondale Boys Basketball Season

Wednesday 11/30 - Chisago Lakes Thursday
@ Edgewood

<p>8 mins - Two Rounds - Full Court Layups (conditioning)</p> <p>8 mins - 1 Round - Victory Shooting (shooting goal of 200 or better)</p> <p>12 mins - Defensive Shell Drill - Help & Recover, Help & Recover X out rotations</p> <p>12 mins - Defending Pick N Roll - High Hedge/Help & Recover, Sink low/Under Screen, Help on the Roll, X out Recovery</p> <p>5 mins - Roseville Shooting - 20,20,20,50 - team competition - who will finish first - losers run.</p>	<p>40 mins - Offensive Sets - motion curl, twist, horns, Milwaukee (high pnr)</p> <ul style="list-style-type: none"> - Twist, Cheese, Pretzel - Motion Curls - No dribbles - Deep corners stay put!! - Horns (Coach V special) - Milwaukee (High Pick & Roll) <p>5 on 0 down - 5 on 5 back</p>
<p>12 mins - 5 Main Break (2,3,5,1,4) - Our goal should be 75+ points</p> <p>12 mins - 3 on 3 - read and react (motion curl) - pass & screen away, curls, back doors, straight cuts, pop back to the ball, spacing, fill the open ares, reset with the ball at the top of the key, "No Dribbles"</p>	<p>Teams</p> <p>Team Maroon - Mekhi, Dane, Cooper, Dane, Max, Tyler, Thomas, Trell</p> <p>Team White - Jake, Connor, Kayden, Malachi, Mack, Terrion, Kashia, Nick</p> <p>Team Shirts - Isse, Rowan, RJ, Childers, Charlie, Tae</p> <p>Team Skins - Freddy, Yusuf, Abdi, Max, Tenzin,</p>

SUMMER CAMP PRACTICE PLAN

3 Main Areas of Improvement

1. Drives/Moves to the basket: Finishing
2. Setting and Using Screens Better
3. Rebounding: Offensive!!

8:00-8:05 Camp Introduction

8:05-8:15 Progressive Stretching Routine

8:15-8:35 Pro Series Warmup (Coach Hoff)

- Lilliard Ball Handling
- Pro Passing Series

8:35-9:10 Station One (12 minutes) 3 Main Areas of Improvement

- Rebounding (Coach Schmit)
- Off Ball Screens (Coach Isakson)
- On Ball Screens (Coach Hoff)

9:10-9:15 FT Streak

9:15-9:30 Individual Shooting Competition: 2 Minute Shooting (Coach Schmit)

9:30-9:50 Master Coach Session (Coach Schmit)

Finishing to Lay-Up Progression from the Wing: Primary Pivot/Off the Bounce

9:50-10:20 Guard The Ball

10:20-10:30 Knockout/Lightening

10:30-11:00 Break

11:00-11:10 Stretching/Warm-Up (Coach Schmit)

11:10-11:25 Half Court Lay-Up Progression (Coach Hoff)

11:25-11:55 Station Two (10 Minutes)

- 3 on 0 Buildup (Coach Isakson)
- Post Work to Finishes (Coach Schmit)
- Shooting (Coach Hoff)

11:55-12:10 2 v 2 Rebounding (Coach Schmit)

12:10-12:40 Transition Buildup (Coach Isakson)

12:40-12:55 Line Shooting Progression (Coach Schmit)

Lay-Ups, Mid Range, 15 Ft, 3's, Drives

12:55-1:00 Camp Closing

Summer Camp Practice Plan

Points of Interest

- Transitioning to Read & React-type offense
- Defensive strategy is "In-Your-Face", "Run & Jump"; Up the line – In the line
- Offensive focus is on Wings beating defender off the bounce and attacking hard; Post players must develop jump hook and face up

3 Main Areas of Improvement

- Individual Fundamentals: Shooting, Ball Handling, Attack Moves
- R&R Offense Concepts: Spacing, Ball and Player Movement, Cutting
- Competition: What kids will compete? Who wants to be a player?

2:30-2:40 -- Introductions From Coaches (10 Minutes)

Coach Ray will greet campers and talk about camp focus and Coach Theisen and Coach Rattray introduce themselves.

2:40-2:50 -- Progressive Stretching Routine (10 Minutes)

Coach Theisen; All other staff members at this time will be interacting with the campers getting to know their names, year in school, etc.

2:50-3:20 -- Passing Warm-Up (15 minutes)

- Coach Ray will take the lead on this drill
- 3-line passing progressing to 4-line passing
-- Main area of focus is communication and catching with hands ready

3:20-4:05 -- Station 1 (15 minute stations/45 minutes) Individual Fundamentals

Stationary Shooting: SHOT PREP... Rocker Step (*Coach Theisen*)

Ball Handling (*Coach Rattray*)

Post Moves: Back to the Basket- Go-To-Move (*Coach Ray*)

- Breakdown Session-All players and coaches meet at the baseline for competitive 1 on 1 drill or shooting contest. (*Coach Theisen*)

4:05-4:30 -- Team Drills: Transition Offense Eagle Full-Court Shooting (25 Minutes)

Coach Ray will be the lead instructor; other coaches will assist as necessary and encourage players to stay active and vocal

4:30-5:15 -- Station 2 (15 minute stations/45 minutes)

Shooting Progression (*Coach Theisen*)

Dribble Attack Moves (*Coach Rattray*)

Post Moves: Reverse Pivot Face Up (*Coach Ray*)

- Breakdown Session (*Coach Rattray*)-All players and coaches meet at the baseline for competitive 1 on 1 drill or shooting contest.

5:15-5:45 -- Break (approx. 30 minutes)

5:45-5:55 -- Progressive Stretching Routine (10 Minutes)

Coach Theisen; All other staff members at this time will be interacting with the campers getting to know their names, year in school, role on the team, etc.

5:45-6:10 -- Team Drills: 4-Basket Shooting (25 Minutes)

- *Coach Ray* will lead this drill
- Emphasis on working shooting fundamentals learned earlier

- Campers keep track of made baskets
- Coaches positioned on the court and observing that every movement is game-like

6:10-6:35 – 3-Ball Closeout/Star Closeout with Big Step (25 Minutes)

Coach Rattray will take the lead

6:35-6:55 -- Team Drills: Duke Transition (20 Minutes)

- *Coach Theisen* will take the lead on this drill
- 30 makes in 1 minute
- Emphasis communication
 - o Left/Right/Outlet/Keeping Count
- Passing
- Coaches Positioned on baseline and sidelines encouraging players to run hard and communicate

6:55-7:00 – Wrap Up & Closing