

# Basketball Practice 5/19/2006 vs. State

Team Name: Idaho Hoopsters

Coach: John Coach

Asst. Coach: Jay Coach

"Leave it All on the Floor"

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Segment: 1: 10 mins; Stretching

- Jumping Jacks (50)
- Push Ups (15)
- Sit Ups (25)
- Laps (4)
- Shuttle Runs (10)

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Segment: 2: 15 mins; Drills

- Weave (8 minutes)
- Fast Break Line Drills (7 Minutes)

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Segment: 3: 05 mins; Break

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Segment: 4: 25 mins; Scrimmage 4-5

- Objective to Move Ball w/ Constant Double Team on 1,2,3

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Segment: 5: 30 mins; A vs. B Team Scrimmage

- All Zone Defense Strategy
- Focus Drive and Kick Plays
- Get Back on Defense

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Segment: 6: 05 mins; Game Plan

- Getting Ready for Game
- Lineups and Game Plan



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