Date:		5B
ractice Time		
	Focus/Thought	of the Day
TIME	DRILL	EMPHASIS
5	Introduction	Introduce coaches, players
6	Dribble Knockout	
6	Pitino Ball Handling	
8	Box Series	Drop Step (swing foot goes to front of rim). Front Pivot> Jump Shot. Front Pivot> Rip Thru. Inside Pivot> Jump Shot. Inside Pivot> Rip Thru.
8	Rondo	
8	MBCA - Gates - Shoulder Game	Players line up shoulder to shoulder at 3 point line (Wing). Coach will pass the ball. If it's an air pass, the outside player catches with 2 hands. If it's a bounce pass, the inside player catches with 2 hands.
8	1v1 Blind	Play from the wing.
8	4v3 Overlap	4 players on offense, 3 players on defense. Defensive players will start at elbows and in paint on the rim line.
3	Wrap Up	
60		