

MISSION5&2

DATE: Dec. 1, 2018

PRACTICE #: 1

TEAM HUDDLE

- **Share a 5&2!**
- **“TEAM”: Together Everyone Achieves More!**
- **Let’s do a great job listening in practice; be very coachable and do what the coaches ask of you!**

DYNAMIC WARM-UP

- **Jog - Slide - Sprint Full Court**

FUNDAMENTAL DRILLS

- **Slide - Slide - Sprint**
- **Dribble - Jump Stop - Pass - Catch**
- **Out & Back Jump Stop Layups**

TEAM DEFENSE

- **Shell Drill: 5 v 5 Man Defense**

TEAM OFFENSE

- **IF...Pass - Cut - Fill**
- **IF...Drive - 3Follow - 3Rebound - 1Back**
- **IF...Shot - 3Rebound - 1Back**

TEAM SCRIMMAGE

FUN

- **Dribble Tag!**
- **Sharks & Minnows**
- **Great Alaskan Shootout**
- **Relay Races**

FINISH!

TEAM HUDDLE: Final Thoughts...

FINISH WITH 5&2s!

