

# DELTA STATE

## BASKETBALL

October 17, 2018  
Team Practice # 5  
Sillers Coliseum

TIME:	ACTIVITY:	NOTES:										
3:00	Pre-Practice	<table><tr><th>Perimeter</th><th>Post</th></tr><tr><td>Partner Closeouts (46) <i>Jump-up/Jump Back</i></td><td>Partner Closeouts <i>Jump-up/Jump Back</i></td></tr><tr><td>1/1 Closeouts (48) <i>Two or No Dribble</i></td><td>1/1 Def Post Flash <i>Meet &amp; Greet</i></td></tr><tr><td>3/3 w/ 2/0 Release (50) <i>Red Rotation</i></td><td>2/2 w/ 3 Release <i>Switch 4 Closeouts</i></td></tr><tr><td colspan="2">* 5/5 Red on Low Post Feed &amp; Rotation <i>Horns Reversal to Low Post Feed - Red</i></td></tr></table>	Perimeter	Post	Partner Closeouts (46) <i>Jump-up/Jump Back</i>	Partner Closeouts <i>Jump-up/Jump Back</i>	1/1 Closeouts (48) <i>Two or No Dribble</i>	1/1 Def Post Flash <i>Meet &amp; Greet</i>	3/3 w/ 2/0 Release (50) <i>Red Rotation</i>	2/2 w/ 3 Release <i>Switch 4 Closeouts</i>	* 5/5 Red on Low Post Feed & Rotation <i>Horns Reversal to Low Post Feed - Red</i>	
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3:05	2/1 Closeouts (4) 3/3 Middle Ball Screen (2) 4/4 Middle to Side Ball Screen											
3:20	Pair-up & Shoot Free Throws (2's)											
3:25	2/2 Cross Screen (2)											
3:30	3/3 Screen the Screener (2)											
3:40	4/4 Closeouts <i>Random Offensive Movement</i>	4:20 Offense to Defense <i>White Off to Defense</i>										
3:48	Free Throws (2's)	4:28 Free Throws (2's)										
3:50	3/2 Blockout to 2/1 Conversion <i>Protect Rim First/Stop the Ball</i>	4:30 Offense to Defense <i>Green Off to Defense</i>										
3:55	4/4 Rush Recovery	4:40 Free Throws (33)										
4:00	5/5 Rush Recovery <i>Conversion Ball Screen</i>	Perimeter: Jumpers Second Drive										
4:10	Offense to Defense <i>Green Off to Defense</i>	Post: Chair & B.Line Slips I-Cuts & Step-Outs										
4:18	Free Throws (2's)	Team: Ball Screen Shooting										

Comments:

Next Activity: Thursday

OFF

Friday

Practice

3:00

Saturday

Practice

3:00

Sunday

Practice

3:00

Staff: Lifting Start Date

# TGHT