



Thursday, October 8th, 2026

Warmup

Quickjumps, Stutter Steps
Dribble windsprints
T-Rex's start this week

Drills

2 up 2 back, chair drill

Fingertip and wall drill

3 Player weave

Message

10 "C's" of Basketball #1

Concentration

What is concentration? When you are here, you watch, you listen.

Why is it so important in basketball? School? Life?

What happens when we don't concentrate?

How can we practice concentrated to become better at it?

I get you for an hour and a half each week. I need you in that time to Focus

Games - 4 minute games

3 on 3, give each other one arms length 1/2 Court Defense

man to man defense - **keep to your man, do not chase the ball**

remember to space yourselves, remember your position and role

USE YOUR VOICE / 2 PASSES after 1/2 court / Move w/out the ball

KEEP YOUR SPACING! DO NOT CLOSE IN ON THE BALL!

MOVE THE BALL.

TRUST YOUR TEAM!

Cleanup and head home

NOW IS TIME TO SIGN UP FOR EXTENDED PROGRAM

If we do extended program we will begin next month

We NEED at least 10 dedicated players for extended.

