



Tuesday · spacing & defensive habits

Tuesday, September 15, 2026 · 90 min planned · 90 min scheduled

01 Movement & ball handling

Warmup · 10 min

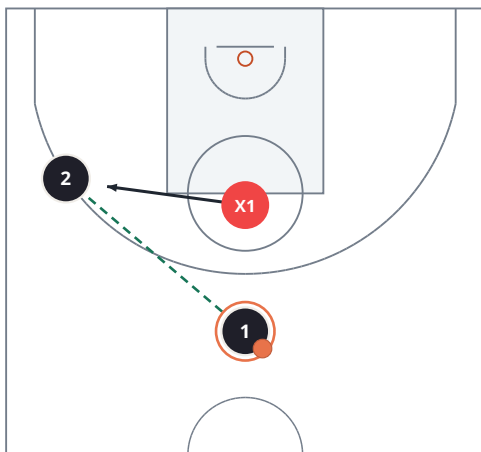
Dynamic mobility, change of pace and weak-hand control.

02 Closeout to 1-on-1

Drill · 15 min

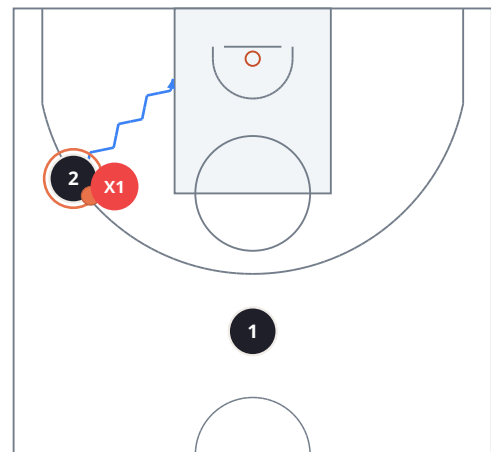
High hand, short final steps. Attackers have two dribbles.

01 / 2



Pass to the wing. The defender closes out under control with a high hand.

02 / 2



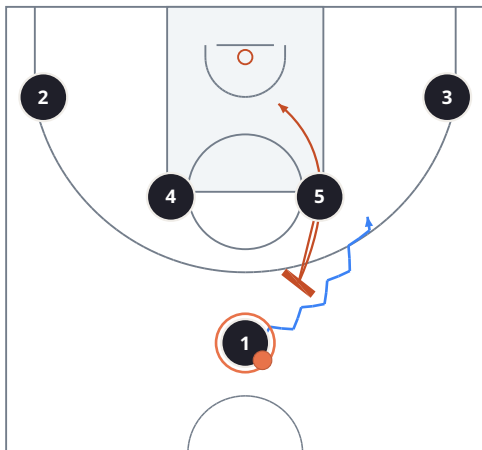
Attack the closeout with two dribbles. The defender contains the drive and finishes with a box-out.

03 Horns · side pick & roll

Play practice · 20 min

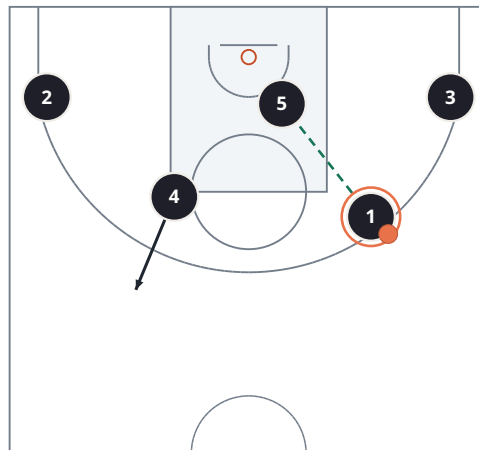
Start 5-on-0. Add two defenders, then play the possession live.

01 / 2



5 sets the high ball screen. 1 attacks the right elbow; both corners stay wide.

02 / 2



Read the low defender: find 5 on the roll. 4 lifts behind the ball as an outlet.

04 5-on-5 · advantage reads

Scrimmage · 30 min

Bonus point for a paint touch followed by an extra pass. Rotate every four minutes.

05 Free throws & team review

Cooldown · 15 min

Two makes each, then one coaching takeaway from every group.