

BlueJay Practice Schedule

Pre-Practice Notes	Practice Objectives	Post-Practice Notes/Reminders

- **10 Minutes – Full Court Cross-Overs (Add Defense Sliding With)**
- **10 Minutes – Stations**
 - Work on When to Cut, Defense Loses Sight then Cut
 - Pump Fake, Attack for Lay-Up (3 Dribbles Max)
- **10 Minutes – Shell**
 - Jump to Pass, Everyone Moves on Ball
 - Offense 2 Dribble Max, Defensive Player in Gap Get Offensive Player Stopped (Offensive Player Dribble at Basket)
- **8 Minutes – Partner Shooting (1 Dribble Pull-Ups)**
- **10 Minutes – Offensive Spacing / Motion**
- **7 Minutes – Out of Bounds Plays**
- **5 Minutes – Dribble Knock Out (Only Use Weak Hand)**


