

BlueJay Practice Schedule

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

- **10 Minutes – Partner Passing** (shuffle down court, chest passes and bounce passes, catch with hands)
- **15 Minutes – Stations**
 - Ball-Handling, Cross-Overs & Double Cross-Overs
 - Lay-Ups, Get 2 Dribbles from 3 Point Line (big steps)
 - 1 on 1 – Defense start back turned – get 3 dribbles maximum (get downhill)
- **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 – Small Side Games**
- **7 Minutes – Out of Bounds Plays**


