

BlueJay Practice Schedule

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

- **10 Minutes – 2 Line Lay-Ups**
 - (Chest pass across, bounce back for lay-up)
- **10 Minutes – Stations**
 - Ball-Handling, Spin Dribbles
 - Handle Ball-Pressure (Ball-handler protect ball in lane while defense trying to knock it away)
- **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**
- **7 Minutes – Offensive Spacing / Motion – Small Side Games**
- **5 Minutes – Out of Bounds Plays**
- **10 Minutes – Scrimmage**


