

BlueJay Practice Schedule

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

- **5 Minutes – Full Court Cross-Overs (Add Defense Sliding With)**
- **12 Minutes – Decision-Making**
 - Play 3 on 3, overload one side – offensive attack the open space
- **8 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)
 - Add Cutting
- **8 Minutes – Partner Shooting**
- **7 Minutes – Offensive Spacing / Motion – Small Side Games**
- **5 Minutes – Out of Bounds Plays**
- **15 Minutes – Scrimmage**


