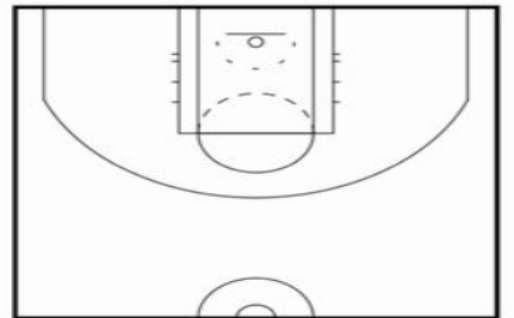
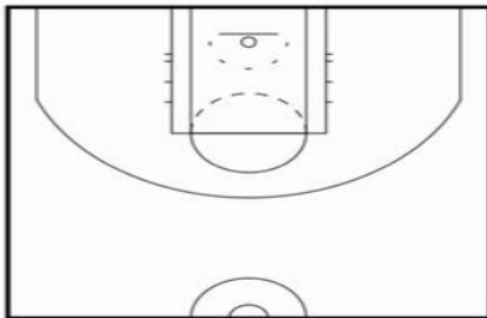
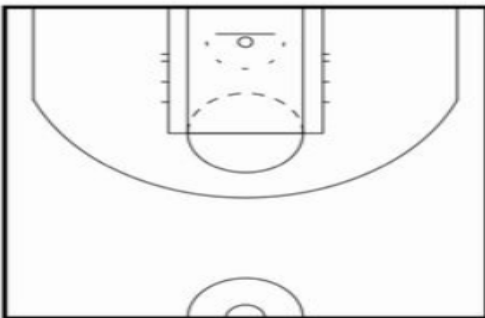
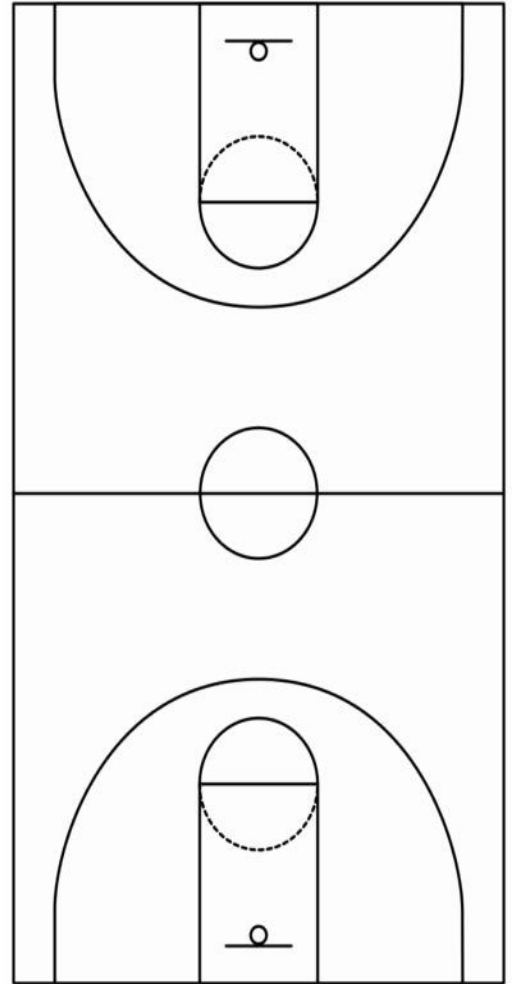


# BlueJay Practice Schedule

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

- **10 Minutes – [3 Man Weave](#)**
  
- **15 Minutes – Stations**
  - [Stationary Ball-Handling](#), Hesitation
  - Jab Step, Rip Through, Attack for Lay-Up (3 Dribbles Max)
  
- **12 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](#)**
  
- **10 Minutes – [Offensive Spacing / Motion](#)**
  
- **5 Minutes – Small Side Games (3 on 3)**
  - Start From Something in Offensive Motion




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