

PRACTICE SCHEDULE

BEHAVIORS ATTACHED TO CORE VALUES

Centerville Basketball						Notes								
Positive Body Language - Choose Extra Work - Speak & Act with Urgency - Show Love						Practice Jerseys; Clock; Cones; Radio, Pads; Ring; OUT - None; TURNOVER CHART								
Date:		4s: See back												
Practice:		3s: See back												
be TOUGH - be PASSIONATE - be UNIFIED - be THANKFUL						Team Goals								
Prd	Time	Group 1	Group 2	Group 3	Group 4	Emphasis								
<div data-bbox="235 504 446 577" style="border: 1px solid black; padding: 5px;">CORE VALUES</div> <div data-bbox="649 682 1015 787" style="border: 1px solid black; padding: 5px; margin-top: 20px;">20% OF WHAT YOU COACH LEADS TO 80% OF ACTION</div> <div data-bbox="194 871 568 1312" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> PRACTICE GOES HERE -SCOUT -TEAM STRETCH -FUNDAMENTALS -DEFENSE -OFFENSE -LIVE PLAY BUILT AROUND WHAT TEAM NEEDS TODAY </div> <div data-bbox="722 976 1039 1039" style="border: 1px solid black; padding: 5px; margin-top: 20px;">CORE VALUE MANTRAS</div> <div data-bbox="698 1134 1063 1197" style="border: 1px solid black; padding: 5px; margin-top: 20px;">STANDARDS & MANTRAS</div> <div data-bbox="576 1522 950 1669" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> THINGS WE HAVE INSTALLED & THINGS WE NEED TO INSTALL </div>						<div data-bbox="1144 420 1559 493" style="border: 2px solid green; border-radius: 15px; padding: 5px;"> Relentlessly Together </div> <div data-bbox="1144 493 1559 535" style="background-color: black; color: white; padding: 2px;">Offensive 20%</div> <div data-bbox="1144 535 1559 577">Spacing</div> <div data-bbox="1144 577 1559 619">Shot Selection</div> <div data-bbox="1144 619 1559 661">Rebound</div> <div data-bbox="1144 661 1559 703">Be Sure</div> <div data-bbox="1144 703 1559 745" style="background-color: black; color: white; padding: 2px;">Defensive 20%</div> <div data-bbox="1144 745 1559 787">Communicate</div> <div data-bbox="1144 787 1559 829">Rebound</div> <div data-bbox="1144 829 1559 871">Stance</div> <div data-bbox="1144 871 1559 913">Position</div> <div data-bbox="1144 913 1559 955" style="background-color: black; color: white; padding: 2px;">Intangible 20%</div> <div data-bbox="1144 955 1559 997">Fight Ready</div> <div data-bbox="1144 997 1559 1039">Steal Inches</div> <div data-bbox="1144 1039 1559 1081">Don't Flinch</div> <div data-bbox="1144 1081 1559 1123">Show Love</div> <div data-bbox="1144 1123 1559 1165" style="background-color: black; color: white; padding: 2px;">Non-Negotiables</div> <div data-bbox="1144 1165 1559 1207"> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;"></td> <td style="text-align: center;">Simple</td> </tr> <tr> <td style="text-align: center;">Offense</td> <td style="text-align: center;">Together</td> </tr> <tr> <td style="text-align: center;">Defense</td> <td style="text-align: center;">No Comfort</td> </tr> <tr> <td></td> <td style="text-align: center;">No Vision</td> </tr> </table> </div> <div data-bbox="1144 1207 1559 1249" style="background-color: black; color: white; padding: 2px;">Offense Installation</div> <div data-bbox="1144 1249 1559 1291">Motion, Memphis, High</div> <div data-bbox="1144 1291 1559 1333">5 Cross Flip / Punch 5 Cross Wiggle</div> <div data-bbox="1144 1333 1559 1375">5 Get Hammer 5 Quick Flare 5 Power 1</div> <div data-bbox="1144 1375 1559 1417">4 Lo Flip Elbow Swing Wiggle Flip Ghost</div> <div data-bbox="1144 1417 1559 1459">4 Lo Drag Exchange</div> <div data-bbox="1144 1459 1559 1501">4 Hi Shuffle / Zoom Step Out Get / Punch</div> <div data-bbox="1144 1501 1559 1543">4 Hi Zoom Spain Drag Duckin</div> <div data-bbox="1144 1543 1559 1585">Horns Duckin Get Pairs Touch / Spain</div> <div data-bbox="1144 1585 1559 1627">Horns Iverson Get Rub Peel</div> <div data-bbox="1144 1627 1559 1669" style="background-color: black; color: white; padding: 2px;">Defense Installation</div> <div data-bbox="1144 1669 1559 1711">100 Stay Deep 75 50 11</div> <div data-bbox="1144 1711 1559 1753">BS - Switch, Thru, Jam, Bingo</div> <div data-bbox="1144 1753 1559 1795">DHO - Switch, Thru</div> <div data-bbox="1144 1795 1559 1837">Post - Bingo</div> <div data-bbox="1144 1837 1559 1879">Face</div> <div data-bbox="1144 1879 1559 1921">Chest Fist</div> <div data-bbox="1144 1921 1559 1963">SLOB - Yeet</div>		Simple	Offense	Together	Defense	No Comfort		No Vision
							Simple							
						Offense	Together							
						Defense	No Comfort							
							No Vision							

