

## Practice #7

Date:

**Man-to-man defense instruction**  
**4 on 4 live shell**

5 min

<https://www.coachesclipboard.net/BasicDefense.html>  
<https://www.coachesclipboard.net/DefenseShellDrill.html>

**Teach full-court press breaker**

20 min

<https://www.coachesclipboard.net/PressBreaker.html>

**Teach two baseline out-of-bounds plays**

15 min

pick two plays from <https://www.coachesclipboard.net/OBPlaysMore.html>

**Review**

**4-Out offense**

20 min

**OR**

**1-3-1 Motion offense**

**review Motion-1**

**review Motion-2**

**review Motion-3**

<https://www.coachesclipboard.net/131Offense.html>

**in subsequent practices, once all players know motion1,2 and 3 well - you can add plays Loyola, Baseline-3 and High-2**