

**MAYVILLE STATE
UNIVERSITY
WOMEN'S BASKETBALL
PRACTICE SCHEDULE**



2020-2021

DAY: Wednesday
DATE: 11/11/20
PRACTICE #: 23

Pre-Practice or Post-Practice Talks - Workouts - Film	Announcements	Coaching Emphasis
10:00—10:05 “Duke” Shooting 10:05—10:10 Dynamic Warm Up 10:10—10:15 3 Man Weave—2 Balls 10:15—10:20 3 Line Block Out 10:20—10:28 2/2 “Wide” Screens (4) 2/2 “Like” Screens (4) 10:28—10:35 5/5 Rules 10:35—10:40 Free Throws & Water 10:40—10:50 5/5 “Comet” Action 10:50—11:00 Position Work -Perimeter -Post 11:00—11:15 5/5 LIVE—start w/ BOB’s & FT 11:15—11:20 Free Throws & Water 11:20—11:32 5/5 Blue & Zone “O” 11:32—11:39 Partner Shooting 11:39—11:54 5/5 “O” Possessions—OBC		Play the screen 2/2 as much as possible Switch & Jump to the Ball Drive/Kick Shooting, Trail Shooting—3’s/Lay Ups 1/1 LIVE, 2nd Cut Slam, Mich St. Change Ball Screen Coverage/6:00