

2023 GYS BASKETBALL

TIMBERWOLVES

DATE	BEGIN	END	Opponent	THOUGHT OF THE DAY				
	5	6						
#	DRILL			SET UP	#			
1	5:00	DRIBBLING - SEATED R/L HAND - STANDING R/L HAND AND CROSSOVER		ZIG ZAG DRILL	5:00	1		
2	5:04	DRIBBLING - ZIG ZAG DRILL			5:04	2		
3	5:08	SHOOTING - FORM	PASSING - PASS AND CUT (1/2 LAYUPS / JUMPSHOTS)		5:08	3		
4	5:12				5:12	4		
5	5:16	PASSING - PASS AND CUT (1/2 LAYUPS / JUMPSHOTS)	SHOOTING - FORM		5:16	5		
6	5:20			5 SPOT	5:20	6		
7	5:24	5 SPOT DRILL (SHOOT ON TWO DIFFERENT GOALS)			5:24	7		
8	5:28				5:28	8		
9	5:32	FAST BREAK LAY UP	FAST BREAK LAY UP		5:32	9		
10	5:36	REBOUND FAST BREAK	REBOUND FAST BREAK	SWITCH UP	5:36	10		
11	5:40	SWITCH UP			5:40	11		
12	5:44				5:44	12		
13	5:48				5:48	13		
14	5:52	SCRIMMAGE			5:52	14		
15	5:56				5:56	15		
16	6:00	EOW			6:00	16		
17						17		
SHOOTING DRILLS		DRIBBLING DRILLS		OFFENSIVE DRILLS		SCHEDULE		
SHOOTING FUNDAMENTALS		DRIBBLING FUNDAMENTALS		PASS AND CUT		DATE	TIME	LOCATION
SHOOTING FORM		LOW DRIBBLE		WEAVE		1/14	8:00 AM	JH N1
SHOOTING OFF THE CATCH		MIDDLE DRIBBLE		HOW TO SET A SCREEN		1/14	9:40 AM	JH N1
SHOOTING OFF THE DRIBBLE		HIGH DRIBBLE		SCREEN AND SHOOT		1/21	9:40 AM	JH N1
SQUARE UP SHOOTING		ZIG ZAG DRILL		PICK AND ROLL		1/21	10:30 AM	JH N2
JUMP STOP SHOOTING				LAY UPS		1/28	10:30 AM	JH N1
JAB STEP		DEFENSE DRILLS		LAY UPS 2		1/28	11:20 AM	JH N1
JAB AND ATTACK		CLOSEOUT DRILL		LAY UP BOWLING		2/4	8:00 AM	EL NG
PASS CUT & REPLACE		LATERAL PUSH				2/4	10:30 AM	EL NG
		SELF TOSS REBOUND						
		SWITCH UP						
		DENY DRILL						
		DENY THE PASS						