

WILDCATS BASKETBALL

Junior High Boys/Girls Practice Schedule

Season: Winter 2024
Coach: Richardson / Miller

DAY	TIME	LOCATION	PRIMARY FOCUS / DRILLS
Monday	3:30 PM - 5:00 PM	Main Gym	Fundamentals: Dribbling, Form Shooting, Layup Lines
Tuesday	4:00 PM - 5:30 PM	North Court	Defense: Stance, Rotations, Full-Court Press Setup
Wednesday	3:30 PM - 5:00 PM	Main Gym	Offense: Set Plays, High-Post Options, Motion Offense
Thursday	4:00 PM - 5:30 PM	North Court	Conditioning & Scrimmage: Transition drills, Game play
Friday	3:15 PM - 4:30 PM	Main Gym	Special Teams: Out-of-bounds, Free Throws, Film Review

WEEKLY ANNOUNCEMENTS & EQUIPMENT

- Bring a full water bottle and athletic shoes to every session.
- Jersey hand-outs will occur this Wednesday after practice.
- Late policy: 10 minutes early is on time.
- No practice on Friday if there is an away game scheduled.

Print Schedule