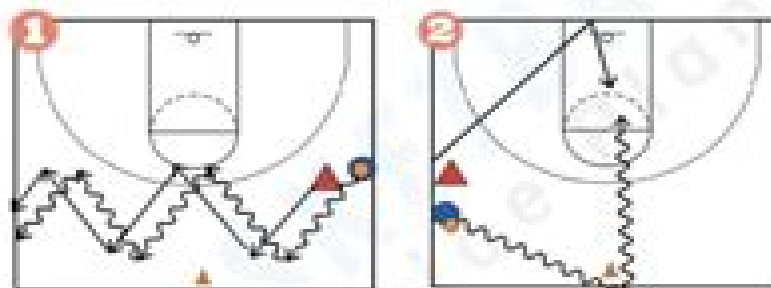


Defense

5 minutes	1 on 1 Zig Zag Defense Combo
	Good For:
	drill is to pressure the basketball by zig zagging
	- The defensive player should zig zag or turn the ball handler as many times as possible going from sideline to sideline. Try to stay between the top of the key and half court. - Once the two players have reached the opposite sideline, the defensive player sprints and touches the baseline and closes out on the ball handler who is sprint dribbling around a cone at half court and then attacking the basket.



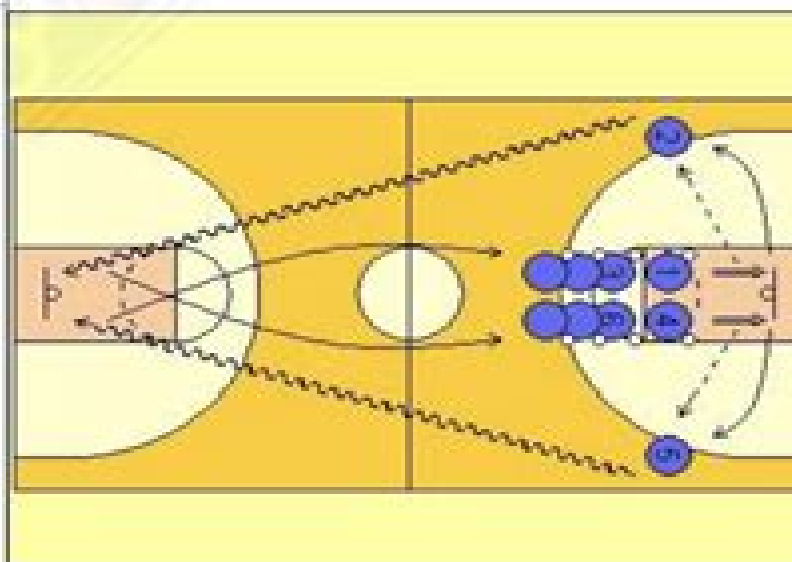
Stage	Primary Skill
Teach	1:1 Defense
Progression	Secondary Skill
1v1	1:1 Moves
Constraint	Credit
Fastest time	Breakthrough Basketball
Key Teaching Points	
Be aggressive on the ball and turn the ball handler as many times as possible. Sprint to the closeout. Close out low, aggressive, balanced, and under control. Keep the ball in front of you and force the ball handler to take a shot outside of the lane. Box out to finish the drill.	

5	Total
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Transition to Offense

5 minutes	Rebound Outlet & Layup
	Good For:
	Rebounding & Outlet Passing
	- Form two lines at both elbows, facing the basket. All players in the lines get a ball. Two more players (without the ball) stand at both foul line extended. - The first players in each line (1 and 4 in the diagram) throw the ball off the board, get the rebound and make an outlet pass to the players at foul line extended (1 and 5). Players 1 and 4 move to foul line extended. - Players 2 and 5 catch the ball and dribble full court making a lay-up at the far basket. No more shooting attempts are allowed. They get their rebound and switches lines. - Players 3 and 6 repeat the same pattern passing the ball to 1 and 4 etc. - The drill continues for five minutes or until a given number of basket are made.

Do left and right 2 minutes each side



Stage	Primary Skill
Teach	Passing
Progression	Secondary Skill
	Rebounding
Constraint	Credit
	Breakthrough Basketball
Key Teaching Points	
- Players must jump and catch the ball as high as they can. Their arms are fully extended. Timing and coordination are very important. - Protect the ball by securing it under the chin with elbows spread. - Pivot to the outside and make sharp outlet passes. The player in the outlet position should yell "outlet" (or "ball" or anything you like...) and show his hands as a target for the pass.	

10	Total
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Press Time Practice

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Science and Practice of Strength Training Vladimir M. Zatsiorsky, William J. Kraemer, Andrew C. Fry, 2021 *Science and Practice of Strength Training* addresses the complexity of strength training programs while providing advice in customizing programs for athletes and other populations It covers velocity training intensity timing exercises injury prevention overtraining and athlete monitoring Presstime, 1990-08 **Reader's Guide to the History of Science** Arne Hessenbruch, 2013-12-16 The Reader's Guide to the History of Science looks at the literature of science in some 550 entries on individuals Einstein institutions and disciplines Mathematics general themes Romantic Science and central concepts Paradigm and Fact The history of science is construed widely to include the history of medicine and technology as is reflected in the range of disciplines from which the international team of 200 contributors are drawn **Presstime in Paradise** George Chaplin, 1998-02-01 Since it first rolled off the presses in 1856 The Honolulu Advertiser has been an important force in reporting and shaping the news of Honolulu and secondarily the Hawaiian Islands Established as The Pacific Commercial Advertiser a four page weekly it was the first enduring non government owned or subsidized newspaper published in the Hawaiian Kingdom Under its first owner the son of New England missionaries the Advertiser became the most successful commercial English language newspaper in the Islands The paper became a daily in 1882 and in 1921 changed its name to The Honolulu Advertiser Now owned by Gannett Company Inc the Advertiser is one of the oldest newspapers still operating west of the Rockies George Chaplin editor in chief of the Advertiser from 1959 to 1986 has written a colorful and entertaining insider's account of nearly a century and a half of Advertiser history He covers the legion of personalities that has worked for the Advertiser over the years owners from its first Island owner Henry Whitney to its last the Thurston Twigg Smith family publishers editors reporters political cartoonists photographers and pressroom people He reports on issues and historical events that had a powerful impact on the Honolulu community and comments on the newspaper's position regarding each the sensational Massie trial the dilemma of Hawaii's Americans of Japanese ancestry during World War II the labor movement and communism in the Islands and statehood among others He also recalls the many political figures who have waged their media battles within the pages of the Advertiser *Presstime in Paradise* is an illuminating and informative look at the internal operations of a newspaper and its relationship with a community that has both influenced it and been influenced by it It adds significantly to the growing body of literature on the role of the free press in Hawaii The Monthly Review Ralph Griffiths, George Edward Griffiths, 1800 Editors May 1749 Sept 1803 Ralph Griffiths Oct 1803 Apr 1825 G E Griffiths **Political Science Research in Practice** Akan Malici, Elizabeth S. Smith, 2012-09-10 Nothing rings truer to those teaching political science research methods students hate taking this course Tackle the challenge and turn the standard research methods teaching model on its head with *Political Science Research in Practice* Akan Malici and Elizabeth Smith engage students first with pressing political questions and then demonstrate how a

researcher has gone about answering them walking through real political science research that contributors have conducted Through the exemplary use of survey research experiments field research case studies content analysis interviews document analysis statistical research and formal modeling each chapter introduces students to a method of empirical inquiry through a specific topic that will spark their interest and curiosity Each chapter shows the process of developing a research question how and why a particular method was used and the rewards and challenges discovered along the way Students can better appreciate why we need a science of politics why methods matter with these first hand issue based discussions The following features make this an ideal teaching tool An introductory chapter that succinctly introduces key terms in research methodology Key terms bolded throughout and defined in a glossary Broad coverage of the most important methods used in political science research and the major subfields of the discipline A companion website designed to foster online active learning An instructor s manual and testbank to help incorporate this innovative text into your syllabus and assessment

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skill performance help you meet all of the competencies for therapeutic exercise required by the NATA **Sourcebook of Family Theories and Methodologies** Kari Adamsons, April L. Few-Demo, Christine Proulx, Kevin Roy, 2022-11-07 This sourcebook is an unparalleled resource in the field of family science. It provides a comprehensive overview of both traditional and contemporary theories and methodologies to promote a greater understanding of increasingly complex family realities. It focuses on broad developments in research design and conceptualization while also offering a historical perspective on developments in family science over time, particularly emerging theories from the past several decades. Each chapter summarizes and evaluates a major theory or methodological approach in the field, delving into its main principles, its debates, and challenges, how it has evolved over time, its practical uses in policy, education, or further research, and links to other theories and methodologies. In highlighting recent research of note, chapters emphasize the potential for innovative future applications. Key areas of coverage include Risk and resilience, family stress, feminist, critical race, and social exchange theories, Ambiguous loss, intersectionality, Queer and family development theory, Life course framework, Biosocial theory, and biomarker methods, Symbolic interactionism, Ethnography, Mixed methods, participatory action research, and evaluation.

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