

# Chris Caputo Clinic

**Date and Time:** Tuesday September 25, 2007

## **I. Pre Practice**

1. Form Shooting
2. Meet Around Circle
3. Thought of the Day
4. Clerical Stuff
5. Stationary Ballhandling

## **II. Fastbreak and Passing**

1. 4 Man Corner Passing
2. 5 Man/3 Man Weave – 3on2 to 2on1
3. 4 Man Fastbreak ( Develop Your Break)
4. Kentucky Layups

## **III. Ballhandling**

1. Zig – Zag
2. 2 Balls
3. Chair Drills
4. Mirror Dribble Move

## **IV. Shooting**

1. Layups – Follow the Leader/Mikan/Timed Team
2. Shoot and Follow 2 or 3 People
3. Nash Shoots
4. Using Screens
5. 5 Min/2 Min
6. Curls Shoots
7. Team Shooting

## **V. Defense and Rebounding**

1. Group Stance
2. Wing Deny/Closeouts
3. Conversion – Drop Ball/Line Up
4. Shell

## **VI. Offense**

1. 41 or 5 OUT
2. 2 on 0 - Give and Go
3. 3 on 0 – Pass/Cut – Pass/Screen Away
4. 4 on 0 – Keep Spacing and Spaces
5. 5 on 0
6. Easy Set Play Ideas (3,ScreenScreener/Cross Screen Post/Flex)

## **VII. Random Thoughts**

1. Special Situations
2. Press Break
3. Zone O











