

## Practice Plan A - 2 or more coaches

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6:30 - 6:50 Warm-up

1 lap team jog

Leg stretches

Line drills (passing right/left, ground ball, over shoulder catch)

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6:50 - 7:30 Drills (10 minutes each)

1 v 1 scramble

5 v 3 defense rotation

2 v 1 man ball

Oklahoma

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7:30 - 7:40 Water break

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7:40 - 8:10 Strategies

Fast break

Clearing formation

2-3-1 motion offense

Extra man offense (EMO)

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8:10 - 8:25 Scrimmage

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8:20 - 8:30 Recap/Debrief