

2019 OSPR Basketball Practice Schedule

	<u>5:00-6:00pm</u>	<u>6:00-7:00pm</u>
Monday	LA Lakers	Boston Celtics
Tuesdays		Kansas Jayhawks
Wednesdays	2-3rd Grade Girls	Wichita Shockers
		Texas AM Aggies
		Houston Cougars
Thursdays	Villanova Wildcats	Auburn Tigers
		Michigan Wolverines
		Duke Blue Devils

Teams in red practice on an 8' hoop and use 27.5 Jr. Size basketballs

Practices: will be one hour long, and you will have half of the gym with the curtain down. There will be two teams practicing at once. Please be curious of the other team and share supplies.

The NBA will have full court practices

Practices should consist of skill building drills and stations and focus on the main fundamentals of basketball. Dribbling, form shooting, passing, team play, game play, defense, etc.

