

### Practicum Hours

11/26/18 5-6:30
11/27/18 5-6:30
11/28/18 5-6:30
11/29/18 5-6:30
11/30/18 3:30-6
12/1/18 9-11:30
12/3/18 3:30-5:30
12/4/18 3:30-6
12/5/18 3:30-4:45
12/6/18 3:30-6
12/7/18 3:30-5
12/8/18 9-12
12/10/18 3:30-5
12/11/18 5:30-8
12/12/18 4:45-6

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## Journal Reflections

11/26/18- Today was an introduction to the new season. Getting everyone acquainted with the new coaching staff and how things are going to go this year. The activities included mostly conditioning and defensive drills with conditioning being a part of them. Starting to get a feel for being in basketball shape

11/27/18- Today was a lot of the same. More conditioning and defense, but with some ball handling drills brought into it to get the guys into being strong with the ball. The drills today incorporated both ball handling and defense at once. At the end of all the running free throws were shot to help making free throws while tired.

11/28/18- More conditioning and ball handling. Started to introduce some team defense drills and our motion offense to run in these drills.

11/29/18- Started integrating our motion offense more. Installed one set play. But more conditioning and defensive drills. However, we did start doing some layup and rebounding drills as well.

11/30/18- First part of practice was defensive and rebounding. For the second part we installed a couple more plays for the offense, and ran a lot of team drills. Conditioning was also part of practice but not as much, also worked on form shooting and layups.

12/1/18- Today was mostly an offensive day, running through our plays and press breaker. Drills consisted of form shooting, layups, rebounding, and team scrimmage. There were a few defensive drills but mostly worked on offense on this day.

12/3/18- Today was evenly split. Mostly team work but offense and defense was split, installed some zone defense to mix things up during games and with that installed some offense for zone. Conditioning was pulled back a bit to prevent overworking.

12/4/18- Today was a defensive day. Worked on man to man, 131 zone, and 23 zone. Also incorporated different defensive drills and rebounding drills. We wanted to bump up the intensity today so was a very hard working practice. Our offenses were also used in the team drills to make sure they are still familiar with them.

12/5/18- Today was a short practice because of CCD tonight, so we worked on team drills most of the time. Mostly offense, sort of a lighter practice as some of the athletes were sore and tight so we pulled back the intensity a little bit.

12/6/18- The boys were rested and we could tell they were ready to go again. Incorporated a lot of post/guard split today to work on their respective fundamentals. Also, incorporated fast break drills to solidify our last plan of attack for our upcoming games.

12/7/18- Today we let the guys go at each other a little bit, a lot of one on one closeout drills and post drills. Getting them in sort of a game like feel of things including our team drills. We put time on the clock and gave different situations throughout to mentally work them as we physically worked them.

12/8/18- After yesterday we kind of slowed it down to make sure everyone was understanding their responsibilities, we had sort of a long “walk through” but still were flying around when necessary.

12/10/18- Tomorrow’s Game Day! Today was a last chance to ask questions to find out what our plan of attack was. Our opponent tomorrow runs a lot of man to man but will mix in some zone, so we worked on each offense thoroughly to make sure we knew what to do. We also think we have an advantage by running the 1-3-1 zone so we worked with that as well, but mixing in man to man to make the opponent mentally prepared.

12/11/18- The game today did not go as planned. We were jittery and anxious from the start so we overthought a lot of things. The 1-3-1 worked at times but broke down a lot for easy buckets. We also had a lot of foul trouble early in the game that bit us in the butt later. Coaches met after and agreed to work on more defensive drills to prevent foul issues and more on man to man.

12/12/18- Today we worked on what we agreed to last night, a lot of shuffling and fundamental defensive drills to prevent fouling. We watched film to correct our errors to get ready for the game tomorrow with a similar opponent. Tomorrow will be a lot better as the guys knew immediately what they did wrong and held each other accountable. We all agreed as a team that we need to be a lot looser and just play our game!