



Competitive Drills

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Importance of Competition

1. Growth Mindset
2. Focus off yourself
3. Learn to hate losing/love winning

Practice Structure

- Champion's Debt
- Scoring System/Stats

Ballhandling/Passing

- 2ball vs 1ball
- 4/4 - Ultimate Ballhandling
- 2 v 1 Warrior
- Around waist; 2ball Mikan
- 4/4 Possession Game
- 3/3 No Dribble

Shooting

- Michigan 3's
- Maverick Shooting
- Indiana Shooting

Defense

- 4/4 Shell Cutthroat – Defensive Scoring
- 3/3 Gaps – 3's and 5's
- Clipper Closeouts
- 4/4 Name Break – 3's and 5's
- 2/2 Cup

Offense

- 1/1 War
- King's Court
- Toledo Transition
- 3/3 – Short side
- 6/6

Team Drills

- NBA Layups
- Extra Pass Shooting
- Star Shooting

CONCORDIA BASKETBALL

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- 2020 & 2022 GPAC TOURNAMENT CHAMPIONS
 - 2022 GPAC REGULAR SEASON CHAMPIONS
 - 2022 NAIA ELITE 8
 - 2005 NAIA NATIONAL RUNNER-UP
 - 11 NAIA TOURNAMENT APPEARANCES