

## 2024 OSPR Basketball Practice Schedule

5:00-6:00pm

6:00-7:00pm

Monday | **Miami** | | |

Tuesdays | | |

Wednesdays | **New York Liberty** | **San Diego St** | **UCONN** | **Texas** |

Thursdays | **Providence** | **Las Vegas** | |

**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.

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.

