

2025 OSPR Basketball Practice Schedule

	<u>5:00-6:00pm</u>		<u>6:00-7:00pm</u>	
Monday	Tennessee	Gonzaga	UCONN	
Tuesdays			South Carolina	Alabama
Wednesdays			Auburn	
Thursdays	Kansas			Iowa

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.

