

6-Week Zuyomernon System Basketball Daily Practice Breakdown

| Week | Day | Focus Areas | Key Drills |
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| Week 1 | Monday | Conditioning + Shooting Form | 3-Minute Conditioning, Form Shooting (50 makes), Free Throws |
| Week 1 | Tuesday | Ball Handling Basics | Two-Ball Dribbling, Stationary Dribbles, Layup Series |
| Week 1 | Wednesday | Defensive Stance | Shell Drill, Close-Out Drill, Slides |
| Week 1 | Thursday | Combination Work | Full-Court Layup Drill, Passing Circuits |
| Week 1 | Friday | Team Scrimmage + Review | Controlled 4v4 Shell Drill, Half-Court Scrimmage |
| Week 2 | Monday | Transition Offense | 3-Man Weave, Full-Court Passing, Fast Breaks |
| Week 2 | Tuesday | Pick-and-Roll Basics | Pick-and-Roll Breakdown, Decision Making Drill |
| Week 2 | Wednesday | Pressure Defense | On-Ball Pressure, Help-Side Recovery |
| Week 2 | Thursday | Conditioning w/ Ball | Suicides w/ Dribbling, Passing Under Fatigue |
| Week 2 | Friday | Scrimmage Situations | 2-on-1, 3-on-2 Drills, Half-Court Plays |
| Week 3 | Monday | Advanced Ball Handling | Crossover Series, Behind-the-Back, Spin Dribbles |
| Week 3 | Tuesday | Rebounding Focus | 2-on-2 Rebounding Battles, Outlet Passing |
| Week 3 | Wednesday | Full-Court Pressure | 1-on-1 Full-Court Defense, Trap Drill |
| Week 3 | Thursday | Shooting Under Fatigue | Five-Spot Shooting, Sprint + Shoot |
| Week 3 | Friday | Conditioning Scrimmage | Limited-Dribble Scrimmage, Emphasis on Passing |
| Week 4 | Monday | Set Plays | Offensive Sets for Half-Court, Screen-and-Roll Plays |
| Week 4 | Tuesday | Zone Offense | Zone Attack Drills, Ball Reversal |
| Week 4 | Wednesday | Defensive Switching | Switching on Screens, Communication Drill |
| Week 4 | Thursday | Situational Basketball | End-of-Clock Plays, Sideline Inbounds |
| Week 4 | Friday | Game Simulation | Controlled Game w/ Ref Timing, Stop for Adjustments |

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| Week 5 | Monday | Peak Conditioning | Sprint Drills, Resistance Band Work |
| Week 5 | Tuesday | Shooting Variety | Catch-and-Shoot, Off-Dribble, Contested Shots |
| Week 5 | Wednesday | Competitive Scrimmages | Full-Court Scrimmage, 3-on-3 Half-Court |
| Week 5 | Thursday | Free Throws Under Pressure | Noise Simulation, Team Consequence Drills |
| Week 5 | Friday | Leadership + Accountability | Player-Led Scrimmage, Peer Coaching |
| Week 6 | Monday | Polishing Weaknesses | Film Review, Targeted Skill Work |
| Week 6 | Tuesday | Game Situations | Down 3 w/ 30 Sec Left, Up 2 w/ 1 Min Left |
| Week 6 | Wednesday | Confidence Shooting | 10 Makes in a Row Drill, Hot Streak Challenge |
| Week 6 | Thursday | Final Team Scrimmage | Refereed Scrimmage, Full Rules |
| Week 6 | Friday | Team Identity + Bonding | Team-Building Exercise, Closing Meeting |