RRHS Scrimmage – November 2nd, 2016

 Hey Coaches! Just wanted to send you the outline for how the scrimmage on Wednesday, November 2nd is going to look. As of right now, I am planning for a 5:30pm start time and will let you know if anything changes. I have made some suggestions as to how the controlled scrimmage can be run but that can be decided between coaches.

 **Scrimmage 1: 30 minutes – Controlled**

 10 minutes – Man-to-man Defense

 10 minutes – Zone Defense

 10 minutes – Full court/half court Press

 **Scrimmage 2: 20 minutes – Game like**

**Gym Assignments:**

 Varsity – 1100 Main Gym

 Junior Varsity – 1100 Small Gym

 Freshman – 400 Gym

Here is the tentative schedule for each gym:

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| Controlled Scrimmages (running clock)5:30 pm – 6:00 pm (warm-up before) | Austin vs. Round Rock |
| 6:10 pm – 6:40 pm (10 min court warm-up) | Bowie vs. Austin |
| 6:45 pm – 7:15 pm (no court warm-up) | Round Rock vs. Bowie  |
| GAME LIKE Scrimmage (stop clock)7:20 pm – 7:50 pm  | Austin vs. Round Rock  |
| 7:55 pm – 8:25 pm  | Bowie vs. Austin |
| 8:30 pm – 9:00 pm *\*I am assuming these will go over 20 minutes due to stop clock. Must stop at designated end time to stay on track with schedule.* | Round Rock vs. Bowie  |

Look forward to seeing you all soon!

As always, GO ROCK!

Coach Nelson

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