



Date & Time: Jan 13, 2025 4:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	4:15p-4:23p	Warm ups	67
	<b>Notes:</b> Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon					
2	3 on 2/2 on 1	8	16	4:23p-4:31p	Transition Offense	59
	<b>Notes:</b> Engage the defender and make him step up					
3	Water	1	17	4:31p-4:32p	Break	58
	<b>Notes:</b> 1 minute to get water					
4	2 Buckets	27	44	4:32p-4:59p	Scrimmage	31
	<b>Notes:</b> This drill starts with a tip off first team to score 2 buckets wins. We are working on scenarios when the team wins. They will have to shoot a free-throw if they miss the free throw everyone runs if they make the free throw everyone on their team does not have to run.					
5	Water	1	45	4:59p-5:00p	Break	30
	<b>Notes:</b> 1 minute to get water					
6	BLOB Review	20	65	5:00p-5:20p	BLOB's	10
	<b>Notes:</b> Review BLOB Play w/ Defense - 1 vs. Man - Pop or 2 - 4 vs. Man or Zone - 5 vs. Zone - 6 vs. Man or Zone - 7 vs. Man - 8 vs. Zone -Cross - Away 3 Teams Team huddles up and see what to run. Score stays on Stop Defense to Offense and new Defense on					
7	2 Free throws/Talk/Clean up	10	75	5:20p-5:30p	End of Practice	0
	<b>Notes:</b> Make 2 Free Throws - 1 Miss Sideline 8 in 30 seconds - Miss 2 25 Pushups - Rate Practice out of 10 - Balls up, Clean and Clear out.					