



Date & Time: Jan 15, 2025 3:25 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	105
Notes: Practice free throat routine before practice starts						
2	Jogging & Stretching	8	13	3:30p-3:38p	Warm ups	97
Notes: Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon						
3	Dribbling Warm up	7	20	3:38p-3:45p	Dribbling	90
Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Shift weight						
4	Individual work	20	40	3:45p-4:05p	Bigs / Guards	70
Split Activities: Group: Brown Brown's Choice 20 3:45-4:05 Guards Group: Farrar Duck in drop step 5 3:45-3:50 Bigs Duck in up & under 5 3:50-3:55 Bigs High Post Catch Jab Rip Finish 5 3:55-4:00 Bigs High Post Jumper 5 4:00-4:05 Bigs						
5	Water	1	41	4:05p-4:06p	Break	69
Notes: 1 minute to get water						
6	2 on 2 Get Back	15	56	4:06p-4:21p	Transition Defense	54
Notes: The offense is not allowed to leak out						
7	Water	1	57	4:21p-4:22p	Break	53
Notes: 1 minute to get water						
8	Spartan	8	65	4:22p-4:30p	Transition Offense	45
Notes: 5 on 0 Offense in Transition						



9	Water	1	66	4:30p-4:31p	Break	44
Notes: 1 minute to get water						
10	2 Buckets	34	100	4:31p-5:05p	Scrimmage	10
Notes: 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.						
11	2 Free throws/Talk/Clean up	10	110	5:05p-5:15p	End of Practice	0
Notes: 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.						