



Date & Time: Jan 21, 2025 3:25 PM

Name: Practice

Location: Main Gym

Announcements: Keys to win tomorrow
- Limit turnovers
- Play solid Defense
- Getting back

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	120
Notes: Practice free throat routine before practice starts						
2	Jogging & Stretching	8	13	3:30p-3:38p	Warm ups	112
Notes: Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon Partner Stretch						
3	Dribbling Warm up	7	20	3:38p-3:45p	Dribbling	105
Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling)						
4	2 on 2 Get Back	15	35	3:45p-4:00p	Transition Defense	90
Notes: The offense is not allowed to leak out						
5	Water	1	36	4:00p-4:01p	Break	89
Notes: 1 minute to get water						
6	4 on 4 Live	25	61	4:01p-4:26p	Shell Defense	64
Notes: How to score the games - Each team scores on defensive stops. - If the offense scores, they switch to defense. - Play till one team gets seven stops. -if the defense gives up offensive boards, they have 5 push-ups on every offensive board.						
7	Water	1	62	4:26p-4:27p	Break	63
Notes: 1 minute to get water						
8	BLOB Review	15	77	4:27p-4:42p	BLOB's	48
Notes: Review BLOB Play w/ Defense - 1 vs. Man - Pop or 2 - 4 vs. Man or Zone - 5 vs. Zone - 6 vs. Man or Zone						



	<ul style="list-style-type: none"> - 7 vs. Man - 8 vs. Zone - Cross - Away <p>3 Teams Team huddles up and see what to run. Score stays on Stop Defense to Offense and new Defense on</p>					
9	51 to Red	20	97	4:42p-5:02p	Scrimmage	28
Notes: Control Tempo						
10	2 Buckets	18	115	5:02p-5:20p	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	125	5:20p-5:30p	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.						