# Underdog Hoops

*Practice Plan*

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|---|---|
| Date & Time: | Jan 23, 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 | 75 |
| | **Notes:** Practice free throat routine before practice starts | | | | | |
| 2 | Jogging & Stretching | 8 | 13 | 3:30p-3:38p | Warm ups | 67 |
| | **Notes:** Jog 5x up and back<br>- A Skips<br>- B Skips<br>- Butt Kicks<br>Stretches 15 sec each<br>- Touch Toes<br>- R/L Touch Toes<br>- Butterflies<br>- Pigeon<br>Partner Stretch | | | | | |
| 3 | Individual Drills | 20 | 33 | 3:38p-3:58p | Skill Development | 47 |
| | **Notes:** Coaches Swap | | | | | |
| | **Split Activities:**<br>**Group:** Guards<br>5 Offense — 20 — 3:38-3:58 — Offense<br>**Group:** Bigs<br>Coaches Choice — 20 — 3:38-3:58 — Bigs | | | | | |
| 4 | Zona Reads | 18 | 51 | 3:58p-4:16p | | 29 |
| 5 | Review for SH | 19 | 70 | 4:16p-4:35p | | 10 |
| 6 | 2 Free throws/Talk/Clean up | 10 | 80 | 4:35p-4:45p | End of Practice | 0 |
| | **Notes:** Make 2 Free Throws<br>- 1 Miss Sideline 8 in 30 seconds<br>- Miss 2 25 Pushups<br>- Rate Practice out of 10<br>- Balls up, Clean and Clear out. | | | | | |