Underdog Hoops

Practice Plan

Date & Time:	Jan 28, 2025 3:25 PM
Name:	Practice
Location:	Main Gym
Player Attendance Report:	

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Watch Film	30	30	3:25p-3:55p		95
2	Free Throw Routine	5	35	3:55p-4:00p	Before Practice	90
	Notes: Practice free throat routine before practice starts					
3	Jogging & Stretching	8	43	4:00p-4:08p	Warm ups	82
	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					
4	2 on 2 Get Back	12	55	4:08p-4:20p	Transition Defense	70
	Notes: The offense is not allowed to leak out					
5	Golden Basketball	20	75	4:20p-4:40p	Handling Pressure	50
	Notes: 5 v 5, 5v 4, 4 v 4 ,4 v 3, 3 v 3, 3 v 2,2 v 2					
6	Individual Drills	20	95	4:40p-5:00p	Skill Development	30
	Notes: Coaches Swap					
	Split Activities: **Group:** Guards 5 Offense — 20 — 4:40-5:00 — Offense **Group:** Bigs Coaches Choice — 20 — 4:40-5:00 — Bigs					
7	Prepare for League	20	115	5:00p-5:20p	Scout	10
8	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.					