



Date & Time: Jan 30, 2025 3:25 PM

Name: Practice

Location: Main Gym

Announcements: Keys to win tomorrow

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	120
<b>Notes:</b> Practice free throat routine before practice starts						
2	Jogging & Stretching	8	13	3:30p-3:38p	Warm ups	112
<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 Partner Stretch						
3	Dribbling Warm up	7	20	3:38p-3:45p	Dribbling	105
<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling)						
4	Wing Shooting	8	28	3:45p-3:53p	Shooting	97
<b>Notes:</b> Make good passes						
5	Water	1	29	3:53p-3:54p	Break	96
<b>Notes:</b> 1 minute to get water						
6	Zona Shooting Drill	15	44	3:54p-4:09p	Shooting	81
<b>Notes:</b> Zona reads practice w/Defense						
7	Triangle Offense	20	64	4:09p-4:29p	Offense / 1-3-1 or 3-2 Zone Offense	61
<b>Notes:</b> Run the gunner						
8	Water	1	65	4:29p-4:30p	Break	60
<b>Notes:</b> 1 minute to get water						
9	Thumbs up	10	75	4:30p-4:40p	Press & Pressbreak	50
<b>Notes:</b> This is a gamble press intended to trap the first pass. Get the steal on the pass.						
10	Pressbreak 1	10	85	4:40p-4:50p	Press & Pressbreak	40
<b>Notes:</b> Install 51 Press - 1-3-1						
11	2 Buckets	30	115	4:50p-5:20p	Scrimmage	10
<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.						



12	2 Free throws/Talk/Clean up	10	125	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.						