



Date & Time: Jan 06, 2025 4:15 PM

Name: Practice

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	4:15p-4:20p	Before Practice	100
Notes: Practice free throat routine before practice starts						
2	Star Passing	4	9	4:20p-4:24p	Passing	96
Notes: R & L hand finishing						
3	4 on 4 Transition Drill	10	19	4:24p-4:34p	Transition Defense	86
Notes: When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.						
4	2 Guard	20	39	4:34p-4:54p	Offense / 1-3-1 or 3-2 Zone Offense	66
Notes: 2 Guard Offense						
5	2-3 Zone Offense Review	20	59	4:54p-5:14p	Offense / 2-3 Zone Offense	46
Notes: Circle X Duke Shocker 5 Out						
6	51 & Pressbreak 1	25	84	5:14p-5:39p	Press & Pressbreak	21
Notes: Install 51 Press - 1-3-1						
7	2 Buckets	33	117	5:39p-6:12p	Scrimmage	-12
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.						
8	SLOB Review	15	132	6:12p-6:27p	SLOB's	-27
Notes: - Chicago vs. Man - Stack vs. Man - Circle vs. Zone						
9	2 Free throws/Talk/Clean up	10	142	6:27p-6:37p	End of Practice	-37
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.						