



Date & Time: Jan 07, 2025 3:30 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	3:30p-3:38p	Warm ups	82
	<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					
2	Dribbling Warm up	7	15	3:38p-3:45p	Dribbling	75
	<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Shift weight					
3	Individual work	20	35	3:45p-4:05p	Bigs / Guards	55
	<b>Split Activities:</b>  <b>Group: Brown</b> Brown's Choice 20 3:45-4:05 Guards  <b>Group: Farrar</b> Duck in drop step 5 3:45-3:50 Bigs Duck in up & under 5 3:50-3:55 Bigs High Post Catch Jab Rip Finish 5 3:55-4:00 Bigs High Post Jumper 5 4:00-4:05 Bigs					
4	Water	1	36	4:05p-4:06p	Break	54
	<b>Notes:</b> 1 minute to get water					
5	Pressbreak 1	10	46	4:06p-4:16p	Press & Pressbreak	44
	<b>Notes:</b> Install 51 Press - 1-3-1					
6	Water	1	47	4:16p-4:17p	Break	43
	<b>Notes:</b> 1 minute to get water					
7	2 Buckets	33	80	4:17p-4:50p	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.					



8	2 Free throws/Talk/Clean up	10	90	4:50p-5:00p	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.						