



Date & Time: Jan 09, 2025 4:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	4:15p-4:23p	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					
2	Free Throw Routine	5	13	4:23p-4:28p	Before Practice	77
	Notes: Practice free throat routine before practice starts					
3	Dribbling Warm up	7	20	4:28p-4:35p	Dribbling	70
	Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Shift weight					
4	Star Passing	4	24	4:35p-4:39p	Passing	66
	Notes: R & L hand finishing					
5	Individual work	15	39	4:39p-4:54p	Bigs / Guards	51
	Split Activities: Group: Brown Brown's Choice 20 4:39-4:59 Guards Group: Farrar Duck in drop step 5 4:39-4:44 Bigs Duck in up & under 5 4:44-4:49 Bigs High Post Catch Jab Rip Finish 5 4:49-4:54 Bigs High Post Jumper 5 4:54-4:59 Bigs					
6	Pressbreak 1	10	49	4:54p-5:04p	Press & Pressbreak	41
	Notes: Install 51 Press - 1-3-1					
7	BLOB Review	5	54	5:04p-5:09p	BLOB's	36
	Notes: Review BLOB Play w/ Defense - 1 vs. Man - Pop or 2 - 4 vs. Man or Zone					



	- 5 vs. Zone - 6 vs. Man or Zone - 7 vs. Man - 8 vs. Zone -Cross					
8	2 Buckets	28	82	5:09p-5:37p	Scrimmage	8
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.						
9	2 Free throws/Talk/Clean up	8	90	5:37p-5:45p	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.						