



Date & Time: Oct 01, 2024 5:00 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:00p-5:10p	Warm ups	125
	Notes: Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon Defense - Slides - Back Petal					
2	2 Ball Dribbling	0	10	5:10p-5:10p	Dribbling	125
3	4 on 4 Transition Drill	15	25	5:10p-5:25p	Transition Defense	110
	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	Water	1	26	5:25p-5:26p	Break	109
	Notes: 1 minute to get water					
5	4 on 4 Live	25	51	5:26p-5:51p	Shell Defense	84
	Notes: How to score the games - Each team scores on defensive stops. - If the offense scores, they switch to defense. - Play till one team gets seven stops. -if the defense gives up offensive boards, they have 5 push-ups on every offensive board.					
6	33	1	52	5:51p-5:52p	Conditioning	83
	Notes: 6 Lines					
7	Water/Free Throws	5	57	5:52p-5:57p	Break	78
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	Duke Offense	15	72	5:57p-6:12p	Offense / 2-3 Zone Offense	63
	Notes: Duke Offense					
9	BLOB Review	15	87	6:12p-6:27p	BLOB's	48
	Notes: Review BLOB Play w/ Defense					
10	SLOB Review	15	102	6:27p-6:42p	SLOB's	33
	Notes: Review SLOB Play w/ Defense					
11	Water	1	103	6:42p-6:43p	Break	32
	Notes: 1 minute to get water					
12	5 on 5	27	130	6:43p-7:10p	Scrimmage	5



Notes: Scrimmage						
13	Up 4	5	135	7:10p-7:15p	Rap up	0
Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
14	Talk	5	140	7:15p-7:20p	Rap up	-5
Notes: Discuss practice, ask for a grade, and any announcements						
15	Clean Gym	5	145	7:20p-7:25p	Rap up	-10
Notes: If I see any trash left on your side of the court, you need to clean it up. If we are the last in the gym, you all are responsible for picking the trash up, no matter if it's yours or not.						