



Date & Time: Oct 10, 2024 5:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:15p-5:25p	Warm ups	
	<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	2 Ball Dribbling	5	15	5:25p-5:30p	Dribbling	
	<b>Notes:</b> Pound Alternate Wiper					
3	Duke Drill	8	23	5:30p-5:38p	Shooting	
	<b>Notes:</b> 5 Minute Shooting Drill					
4	Water	1	24	5:38p-5:39p	Break	
	<b>Notes:</b> 1 minute to get water					
5	Red	20	44	5:39p-5:59p	Defense	
	<b>Notes:</b> Match up Zone					
6	Water	1	45	5:59p-6:00p	Break	
	<b>Notes:</b> 1 minute to get water					
7	BLOB Review	20	65	6:00p-6:20p	BLOB's	
	<b>Notes:</b> Review BLOB Play w/ Defense - 1 - Pop - 6 - Cross					
8	SLOB Review	15	80	6:20p-6:35p	SLOB's	
	<b>Notes:</b> Review SLOB Play w/ Defense - Chicago - Stack - Circle					
9	5 on 5 controlled	25	105	6:35p-7:00p	Offense	
	<b>Notes:</b> Let them play controlled					
10	Up 4	5	110	7:00p-7:05p	Rap up	
	<b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					
11	Talk	5	115	7:05p-7:10p	Rap up	
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					



12	Clean Gym	5	120	7:10p-7:15p	Rap up	
<b>Notes:</b> 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.						