



Date & Time: Oct 14, 2024 5:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	5:15p-5:23p	Warm ups	112
	<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	4	12	5:23p-5:27p	Dribbling	108
	<b>Notes:</b> - Pound - Alternate - Wipers - V Dribbles					
3	Run	1	13	5:27p-5:28p	Conditioning	107
	<b>Notes:</b> - Missing Jerseys					
4	Duke Drill	8	21	5:28p-5:36p	Shooting	99
	<b>Notes:</b> 5 Minute Shooting Drill					
5	Zona Shooting Drill	15	36	5:36p-5:51p	Shooting	84
	<b>Notes:</b> Zona reads practice w/Defense					
6	Water	1	37	5:51p-5:52p	Break	83
	<b>Notes:</b> 1 minute to get water					
7	4 on 4 Live	20	57	5:52p-6:12p	Shell Defense	63
	<b>Notes:</b> 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.					
8	Water/Free Throws	5	62	6:12p-6:17p	Break	58
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
9	(5) Circle Motion Offense	15	77	6:17p-6:32p	Offense / Man Offense	43
10	BLOB Review	15	92	6:32p-6:47p	BLOB's	28



	<b>Notes:</b> Review BLOB Play w/ Defense - 1 - Pop - 6 - Cross - 8					
11	5 on 5	13	105	6:47p-7:00p	Scrimmage	15
12	Up 4	5	110	7:00p-7:05p	Rap up	10
	<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					
13	Talk	5	115	7:05p-7:10p	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
14	Clean Gym	5	120	7:10p-7:15p	Rap up	0
	<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.					