



Date & Time: Oct 15, 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
	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	2 Ball Dribbling	4	12	5:23p-5:27p	Dribbling	108
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	Dribbling	4	16	5:27p-5:31p	Dribbling	104
	Notes: - Cross Behind - Retreat Dribbles - Running Figure 8's					
4	4 on 4 Transition Drill	10	26	5:31p-5:41p	Transition Defense	94
	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.					
5	Zona Shooting Drill	15	41	5:41p-5:56p	Shooting	79
	Notes: Zona reads practice w/Defense					
6	Water	1	42	5:56p-5:57p	Break	78
	Notes: 1 minute to get water					
7	4 on 4 Live	20	62	5:57p-6:17p	Shell Defense	58
	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.					
8	BLOB Review	15	77	6:17p-6:32p	BLOB's	43
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 6 - Cross - 8					
9	SLOB Review	10	87	6:32p-6:42p	SLOB's	33
	Notes: Review SLOB Play w/ Defense					
10	4 on 4	18	105	6:42p-7:00p	Scrimmage	15



11	Up 4	5	110	7:00p-7:05p	Rap up	10
Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
12	Talk	5	115	7:05p-7:10p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
13	Clean Gym	5	120	7:10p-7:15p	Rap up	0
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.						