



Date & Time: Oct 16, 2024 3:30 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	3:30p-3:38p	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	4 on 4 Transition Drill	10	18	3:38p-3:48p	Transition Defense	72
	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.					
3	Water	1	19	3:48p-3:49p	Break	71
	Notes: 1 minute to get water					
4	2 on 2 Get Back	10	29	3:49p-3:59p	Transition Defense	61
	Notes: The offense is not allowed to leak out					
5	5x5 Conditioning	8	37	3:59p-4:07p	Conditioning	53
	Notes: This is five up and backs five times with 30 seconds breaks in between					
6	Water/Free Throws	5	42	4:07p-4:12p	Break	48
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
7	BLOB Review	12	54	4:12p-4:24p	BLOB's	36
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 -Cross					
8	SLOB Review	12	66	4:24p-4:36p	SLOB's	24
	Notes: Review SLOB Play w/ Defense					
9	3 v 3 v 3	10	76	4:36p-4:46p	Scrimmage	14
	Notes: Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.					
10	Up 4	5	81	4:46p-4:51p	Rap up	9
	Notes: 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	86	4:51p-4:56p	Rap up	4



Notes: Discuss practice, ask for a grade, and any announcements						
12	Clean Gym	4	90	4:56p-5:00p	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.						