



Date & Time: Oct 17, 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	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	3:38p-3:42p	Dribbling	108
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	3 on 2/2 on 1	10	22	3:42p-3:52p	Transition Offense	98
	Notes: Engage the defender and make him step up					
4	Wichita Drill	15	37	3:52p-4:07p	Shooting	83
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities: Group: Wichita Drill Rip through layups 5 3:52-3:57 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through layup Rip through 1 Dribble Pull up 5 3:57-4:02 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot Rip through 1 behind the back 5 4:02-4:07 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot					
5	Water	1	38	4:07p-4:08p	Break	82
	Notes: 1 minute to get water					
6	4 on 4 Live	25	63	4:08p-4:33p	Shell Defense	57
	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.					
7	Water/Free Throws	5	68	4:33p-4:38p	Break	52



	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	Bull Dog	10	78	4:38p-4:48p	Rebounding	42
	Notes: 3 players - Got to make 2 to get out 2 Groups					
9	SLOB Review	5	83	4:48p-4:53p	SLOB's	37
	Notes: Review SLOB Play w/ Defense					
10	5 on 5	22	105	4:53p-5:15p	Scrimmage	15
11	Up 4	5	110	5:15p-5:20p	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	5:20p-5:25p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
13	Clean Gym	5	120	5:25p-5:30p	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.					