



Date & Time: Oct 18, 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
	<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	1 Ball Dribbling Moving	5	13	3:38p-3:43p	Dribbling	77
	<b>Notes:</b> Cross behind cross behind Retreat dribbles					
3	Duke Drill	8	21	3:43p-3:51p	Shooting	69
	<b>Notes:</b> 5 Minute Shooting Drill					
4	Spartan	8	29	3:51p-3:59p	Transition Offense	61
	<b>Notes:</b> 5 on 0 Offense in Transition					
5	Water	1	30	3:59p-4:00p	Break	60
	<b>Notes:</b> 1 minute to get water					
6	3 v 3 Front cuts	15	45	4:00p-4:15p	Shell Defense	45
	<b>Notes:</b> Players can only cut from the top to encourage movement - If you get a front cut, 10 Push-ups - If you get front cut and they score 20 Push-ups					
7	Rugby	15	60	4:15p-4:30p	Handling Pressure	30
	<b>Notes:</b> Rugby is when you can only pass backwards and the defense has an extra defender to add pressure doubling the ball. You can dribble the goal is to force the offense to come to the ball.					
8	51 & Pressbreak 1	15	75	4:30p-4:45p	Press & Pressbreak	15
	<b>Notes:</b> Install 51 Press - 1-3-1					
9	Up 4	5	80	4:45p-4:50p	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					
10	Talk	5	85	4:50p-4:55p	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
11	Clean Gym	5	90	4:55p-5:00p	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.					