



Date & Time: Oct 19, 2024 12:30 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	12:30p-12:38p	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	2 Ball Dribbling	4	12	12:38p-12:42p	Dribbling	78
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	1 Ball Dribbling Moving	5	17	12:42p-12:47p	Dribbling	73
	Notes: Cross behind cross behind Retreat dribbles					
4	Partner Shooting	44	61	12:47p-1:31p	Shooting	29
	Notes: Getting shots up - short corners 50 shots - Elbows 50 shots - Top 50 shots - Wings 50 shots - FT 75 Shots					
5	Water	1	62	1:31p-1:32p	Break	28
	Notes: 1 minute to get water					
6	Dribbling Mason Series	1	63	1:32p-1:33p	Dribbling	27
	Notes: - wrist wraps 25 each Dire - Figure 8 25 - High pounds 25 - Knee pounds 25 - Low pounds 25 - Pound V dribbles 25 - Over the top dribbles 25 - Pound in and out dribble 25 - Crossover 50 - Pound across between 25 - Pound between behind 25 - Pound double cross between behind 25 - 2 pounds tap between 25					
7	3 v 3 v 3	12	75	1:33p-1:45p	Scrimmage	15
	Notes: Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.					
8	Clean Gym	5	80	1:45p-1:50p	Rap up	10



	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.					
9	Talk	5	85	1:50p-1:55p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
10	Up 4	5	90	1:55p-2:00p	Rap up	0
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					