



Date & Time: Oct 21, 2024 5:00 PM

Name: Practice

Location: Main Gym

Announcements: 1 on 1's have started

Player Attendance Report:

| # | Activity   | Min | Total Min | Time        | Category      | Min Remaining |
|---|--|-----|-----------|-------------|---------------|---------------|
| 1 | Jogging & Stretching   | 8   | 8         | 5:00p-5:08p | Warm ups      | 112           |
|   | <b>Notes:</b> Jog 5x up and back<br>- A Skips<br>- B Skips<br>- Butt Kicks<br>Stretches 15 sec each<br>- Touch Toes<br>- R/L Touch Toes<br>- Butterflies<br>- Pigeon   |     |           |             |               |               |
| 2 | 2 Ball Dribbling   | 4   | 12        | 5:08p-5:12p | Dribbling     | 108           |
|   | <b>Notes:</b> - Pound<br>- Alternate<br>- Wipers<br>- V Dribbles   |     |           |             |               |               |
| 3 | 1 Basketball   | 4   | 16        | 5:12p-5:16p | Dribbling     | 104           |
|   | <b>Notes:</b> Full Court Movement<br>- Figure 8 No Dribbling<br>- Pound Cross Cross<br>- Cross Tween<br>- Between Behind<br>- Pound Tween Cross Tween  |     |           |             |               |               |
| 4 | Star Passing   | 4   | 20        | 5:16p-5:20p | Passing       | 100           |
| 5 | Individual work  | 20  | 40        | 5:20p-5:40p | Bigs / Guards | 80            |
|   | <b>Split Activities:</b><br><br><b>Group: Brown</b><br>Brown's Choice 20 5:20-5:40 Guards<br><br><b>Group: Farrar</b><br>Duck in drop step 5 5:20-5:25 Bigs<br>Duck in up & under 5 5:25-5:30 Bigs<br>High Post Catch Jab Rip Finish 5 5:30-5:35 Bigs<br>High Post Jumper 5 5:35-5:40 Bigs |     |           |             |               |               |
| 6 | Zona Shooting Drill  | 10  | 50        | 5:40p-5:50p | Shooting      | 70            |
|   | <b>Notes:</b> Zona reads practice w/Defense  |     |           |             |               |               |
| 7 | Water  | 1   | 51        | 5:50p-5:51p | Break         | 69            |
|   | <b>Notes:</b> 1 minute to get water  |     |           |             |               |               |
| 8 | 5x5 Conditioning   | 8   | 59        | 5:51p-5:59p | Conditioning  | 61            |



|    |   |    |     |             |               |    |
|----|---|----|-----|-------------|---------------|----|
|    | <b>Notes:</b> This is five up and backs five times with 30 seconds breaks in between  |    |     |             |               |    |
| 9  | Water/Free Throws   | 5  | 64  | 5:59p-6:04p | Break         | 56 |
|    | <b>Notes:</b> Water Free Throws<br>- Make 2/2 no running<br>- Make 1/2 Up and Back<br>- 0/2 Run around the entire 1 Court   |    |     |             |               |    |
| 10 | 4 on 4 Live   | 25 | 89  | 6:04p-6:29p | Shell Defense | 31 |
|    | <b>Notes:</b> How to score the games<br>- Each team scores on defensive stops.<br>- If the offense scores, they switch to defense.<br>- Play till one team gets seven stops.<br>-if the defense gives up offensive boards, they have 5 push-ups on every offensive board. |    |     |             |               |    |
| 11 | Brown's Choice  | 16 | 105 | 6:29p-6:45p |               | 15 |
| 12 | Up 4  | 5  | 110 | 6:45p-6:50p | Rap up        | 10 |
|    | <b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better<br>- Make a free throw +1<br>- Miss a free throw -2   |    |     |             |               |    |
| 13 | Talk  | 5  | 115 | 6:50p-6:55p | Rap up        | 5  |
|    | <b>Notes:</b> Discuss practice, ask for a grade, and any announcements  |    |     |             |               |    |
| 14 | Clean Gym   | 5  | 120 | 6:55p-7:00p | 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.  |    |     |             |               |    |