



Date & Time: Oct 22, 2024 5:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	5:15p-5:23p	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	5:23p-5:27p	Dribbling	108
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	1 Basketball	4	16	5:27p-5:31p	Dribbling	104
	Notes: Full Court Movement - Figure 8 No Dribbling - Pound Cross Cross - Cross Tween - Between Behind - Pound Tween Cross Tween					
4	Star Passing	4	20	5:31p-5:35p	Passing	100
5	4 on 4 Transition Drill	10	30	5:35p-5:45p	Transition Defense	90
	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.					
6	Water	1	31	5:45p-5:46p	Break	89
	Notes: 1 minute to get water					
7	4 on 4 Live	25	56	5:46p-6:11p	Shell Defense	64
	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.					
8	Water/Free Throws	5	61	6:11p-6:16p	Break	59
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
9	Brown's Choice	15	76	6:16p-6:31p	Coaches Choice	44
10	Red	29	105	6:31p-7:00p	Defense	15
	Notes: Match up Zone					
11	Up 4	5	110	7:00p-7:05p	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	7:05p-7:10p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
13	Clean Gym	5	120	7:10p-7:15p	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.					