

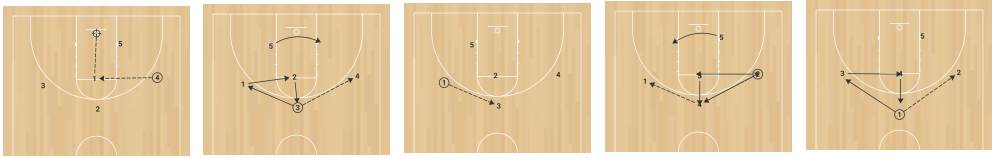


Date & Time: Oct 23, 2024 5:15 PM

Name: Practice

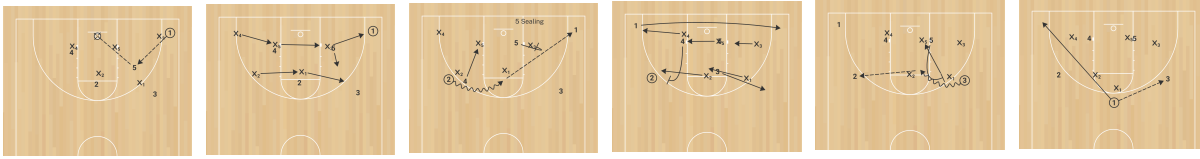
Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	5:15p-5:23p	Warm ups	112
	<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	2 Ball Dribbling	5	13	5:23p-5:28p	Dribbling	107
	<b>Notes:</b> - Pound - Alternate - Wipers - V Dribbles					
3	1 Basketball	5	18	5:28p-5:33p	Dribbling	102
	<b>Notes:</b> Full Court Movement - Figure 8 No Dribbling - Pound Cross Cross - Cross Tween - Between Behind - Pound Tween Cross Tween					
4	Star Passing	4	22	5:33p-5:37p	Passing	98
5	4 on 4 Transition Drill	10	32	5:37p-5:47p	Transition Defense	88
	<b>Notes:</b> 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	33	5:47p-5:48p	Break	87
	<b>Notes:</b> 1 minute to get water					
7	4 on 4 Live	25	58	5:48p-6:13p	Shell Defense	62
	<b>Notes:</b> 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	Circle	20	78	6:13p-6:33p	Offense / 2-3 Zone Offense	42
	<b>Notes:</b> Circle Offense					
						
9	Duke Offense	10	88	6:33p-6:43p	Offense / 2-3 Zone Offense	32



**Notes:** Duke Offense Bigs start at bottom



10	5 on 5	17	105	6:43p-7:00p	Scrimmage	15
11	Up 4	5	110	7:00p-7:05p	Rap up	10
<p><b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better</p> <ul style="list-style-type: none"> <li>- Make a free throw +1</li> <li>- Miss a free throw -2</li> </ul>						
12	Talk	5	115	7:05p-7:10p	Rap up	5
<p><b>Notes:</b> Discuss practice, ask for a grade, and any announcements</p>						
13	Clean Gym	5	120	7:10p-7:15p	Rap up	0
<p><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.</p>						