



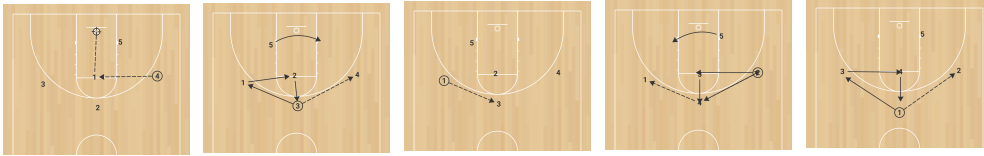
Date & Time: Oct 24, 2024 3:30 PM

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	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	3:38p-3:42p	Dribbling	108
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	1 Basketball	4	16	3:42p-3:46p	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	3:46p-3:50p	Passing	100
5	3 on 2/2 on 1	10	30	3:50p-4:00p	Transition Offense	90
	Notes: Engage the defender and make him step up					
6	Water	1	31	4:00p-4:01p	Break	89
	Notes: 1 minute to get water					
7	4 on 4 Live	25	56	4:01p-4:26p	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	4:26p-4:31p	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	Circle	20	81	4:31p-4:51p	Offense / 2-3 Zone Offense	39
	Notes: Circle Offense					



10	Water	1	82	4:51p-4:52p	Break	38
Notes: 1 minute to get water						
11	BLOB Review	23	105	4:52p-5:15p	BLOB's	15
Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 -Cross						
12	Up 4	5	110	5:15p-5:20p	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						
13	Talk	5	115	5:20p-5:25p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
14	Clean Gym	5	120	5:25p-5:30p	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.						