



Date & Time: Oct 25, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: - "Good better best never let it rest til you good is better and your better is best." - Grandpa and St. Jerome
- Helping Circle

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining		
1	Jogging & Stretching	8	8	3:30p-3:38p	Warm ups	67		
	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	5	13	3:38p-3:43p	Dribbling	62		
	Notes: - Pound - Alternate - Wipers							
3	2 on 2 Get Back	15	28	3:43p-3:58p	Transition Defense	47		
	Notes: The offense is not allowed to leak out Practice Team Sets: Practice 10/25 <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Aarons 1. Aaron Wong 2. Matthew Arellano-Martinez 3. Rowan Hogberg 4. Grayson Haan 5. Ryder Chen Sub. Jordan Khoury </td> <td style="width: 50%; vertical-align: top;"> Bostons 1. Boston Fields 2. Namari Wiltshire 3. Hekili Vea 4. Jonath Sanchez 5. Ryder Goss </td> </tr> </table>						Aarons 1. Aaron Wong 2. Matthew Arellano-Martinez 3. Rowan Hogberg 4. Grayson Haan 5. Ryder Chen Sub. Jordan Khoury	Bostons 1. Boston Fields 2. Namari Wiltshire 3. Hekili Vea 4. Jonath Sanchez 5. Ryder Goss
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4	Water	1	29	3:58p-3:59p	Break	46		
	Notes: 1 minute to get water							
5	BLOB Review	20	49	3:59p-4:19p	BLOB's	26		
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 -Cross							
6	SLOB Review	15	64	4:19p-4:34p	SLOB's	11		
	Notes: Review SLOB Play w/ Defense							
7	Up 4	5	69	4:34p-4:39p	Rap up	6		
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1							



	- Miss a free throw -2					
8	Talk	5	74	4:39p-4:44p	Rap up	1
Notes: Discuss practice, ask for a grade, and any announcements						
9	Clean Gym	1	75	4:44p-4:45p	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.						