



Date & Time: Oct 28, 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	Bull Dog	10	30	3:50p-4:00p	Rebounding	90
	Notes: 3 players - Got to make 2 to get out 2 Groups					
6	Water	1	31	4:00p-4:01p	Break	89
	Notes: 1 minute to get water					
7	2 on 2 Get Back	15	46	4:01p-4:16p	Transition Defense	74
	Notes: The offense is not allowed to leak out					
8	Water	1	47	4:16p-4:17p	Break	73
	Notes: 1 minute to get water					
9	4 on 4 Live	25	72	4:17p-4:42p	Shell Defense	48
	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.					
10	Water	1	73	4:42p-4:43p	Break	47
	Notes: 1 minute to get water					
11	51 & Pressbreak 1	20	93	4:43p-5:03p	Press & Pressbreak	27



	Notes: Install 51 Press - 1-3-1					
12	BLOB Review	17	110	5:03p-5:20p	BLOB's	10
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 - Cross					
13	Up 4 / Talk / Clean up	10	120	5:20p-5:30p	End of Practice	0
	Notes: Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					