



Date & Time: Oct 29, 2024 4:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	4:15p-4:23p	Warm ups	97
	<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	4	12	4:23p-4:27p	Dribbling	93
	<b>Notes:</b> - Pound - Alternate - Wipers - V Dribbles					
3	1 Basketball	4	16	4:27p-4:31p	Dribbling	89
	<b>Notes:</b> Full Court Movement - Figure 8 No Dribbling - Pound Cross Cross - Cross Tween - Between Behind - Pound Tween Cross Tween					
4	1 vs. 1 Full Court	10	26	4:31p-4:41p	Defense	79
	<b>Notes:</b> Defense: Get off and turn him. Play defense without fouling.					
5	Water	1	27	4:41p-4:42p	Break	78
	<b>Notes:</b> 1 minute to get water					
6	4 on 4 Live	17	44	4:42p-4:59p	Shell Defense	61
	<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.					
7	X Offense	22	66	4:59p-5:21p	Offense / 2-3 Zone Offense	39
8	Water	1	67	5:21p-5:22p	Break	38
	<b>Notes:</b> 1 minute to get water					
9	5 on 5 controlled	20	87	5:22p-5:42p	Offense	18
	<b>Notes:</b> Let them play controlled					
10	Up 4 / Talk / Clean up	10	97	5:42p-5:52p	End of Practice	8
	<b>Notes:</b> Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					
11	5x5 Conditioning	8	105	5:52p-6:00p	Conditioning	0



**Notes:** This is five up and backs five times with 30 seconds breaks in between