



Date & Time: Oct 30, 2024 4:45 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	4:45p-4:53p	Warm ups	82
	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	4:53p-4:57p	Dribbling	78
	Notes: - Pound - Alternate - Wipers - V Dribbles					
3	Star Passing	4	16	4:57p-5:01p	Passing	74
4	BLOB Review	15	31	5:01p-5:16p	BLOB's	59
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 - Cross					
5	Water	1	32	5:16p-5:17p	Break	58
	Notes: 1 minute to get water					
6	Brown's Choice	15	47	5:17p-5:32p	Coaches Choice	43
7	Water/Free Throws	5	52	5:32p-5:37p	Break	38
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	Red	15	67	5:37p-5:52p	Defense	23
	Notes: Match up Zone					
9	5 on 5	13	80	5:52p-6:05p	Scrimmage	10
10	Up 4 / Talk / Clean up	10	90	6:05p-6:15p	End of Practice	0
	Notes: Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					