



Date & Time: Oct 31, 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	52
	<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	Close Outs	8	16	3:38p-3:46p	Defense	44
	<b>Notes:</b> Proper Close Outs - Chop Feet - Stay Low - Move Feet					
3	5 on 5	34	50	3:46p-4:20p	Scrimmage	10
4	Up 4 / Talk / Clean up	10	60	4:20p-4:30p	End of Practice	0
	<b>Notes:</b> Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					