



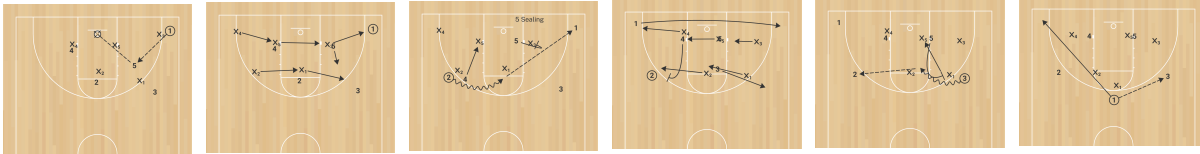
Date & Time: Oct 07, 2024 10:00 AM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	10:00a-10:10a	Warm ups	110
	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	15	10:10a-10:15a	Dribbling	105
	Notes: Pound alternate Windshield wipers V dribbles					
3	Duke Drill	8	23	10:15a-10:23a	Shooting	97
	Notes: 5 Minute Shooting Drill					
4	Water	1	24	10:23a-10:24a	Break	96
	Notes: 1 minute to get water					
5	4 on 4 Transition Drill	10	34	10:24a-10:34a	Transition Defense	86
	Notes: When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.					
6	51 & Pressbreak 1	20	54	10:34a-10:54a	Press & Pressbreak	66
	Notes: Install 51 Press - 1-3-1					
7	33	1	55	10:54a-10:55a	Conditioning	65
	Notes: 6 Lines					
8	Water/Free Throws	5	60	10:55a-11:00a	Break	60
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
9	(5) Circle Motion Offense	14	74	11:00a-11:14a	Offense / Man Offense	46
10	Duke Offense	10	84	11:14a-11:24a	Offense / 2-3 Zone Offense	36
	Notes: Duke Offense Bigs start at bottom					



11	Water	1	85	11:24a-11:25a	Break	35
Notes: 1 minute to get water						
12	5 on 5	20	105	11:25a-11:45a	Scrimmage	15
13	Up 4	5	110	11:45a-11:50a	Rap up	10
Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
14	Talk	5	115	11:50a-11:55a	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
15	Clean Gym	5	120	11:55a-12:00p	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.						