



Date & Time: Oct 08, 2024 5:15 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

| # | Activity | Min | Total Min | Time | Category | Min Remaining |
|----|---|-----|-----------|-------------|----------------------------|---------------|
| 1 | Jogging & Stretching | 10 | 10 | 5:15p-5:25p | 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 | 5:25p-5:30p | Dribbling | 105 |
| 3 | Duke Drill | 8 | 23 | 5:30p-5:38p | Shooting | 97 |
| | Notes: 5 Minute Shooting Drill | | | | | |
| 4 | Water | 1 | 24 | 5:38p-5:39p | Break | 96 |
| | Notes: 1 minute to get water | | | | | |
| 5 | Advantage Drills | 10 | 34 | 5:39p-5:49p | Guards | 86 |
| | Notes: Place two cones this is gonna be a two on two drill with one offensive player going around the cone and one defensive player going around a cone with another set of offense and defense in the opposite corner | | | | | |
| 6 | Zona Shooting Drill | 15 | 49 | 5:49p-6:04p | Shooting | 71 |
| | Notes: Zona reads practice | | | | | |
| 7 | Water/Free Throws | 5 | 54 | 6:04p-6:09p | Break | 66 |
| | Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court | | | | | |
| 8 | Duke Offense | 10 | 64 | 6:09p-6:19p | Offense / 2-3 Zone Offense | 56 |
| | Notes: Duke Offense Bigs start at bottom | | | | | |
| | | | | | | |
| 9 | Water | 1 | 65 | 6:19p-6:20p | Break | 55 |
| | Notes: 1 minute to get water | | | | | |
| 10 | BLOB Review | 10 | 75 | 6:20p-6:30p | BLOB's | 45 |
| | Notes: Review BLOB Play w/ Defense | | | | | |
| 11 | SLOB Review | 5 | 80 | 6:30p-6:35p | SLOB's | 40 |
| | Notes: Review SLOB Play w/ Defense | | | | | |
| 12 | 5 on 5 controlled | 25 | 105 | 6:35p-7:00p | Offense | 15 |
| | Notes: Let them play controlled | | | | | |



| | | | | | | |
|--|-----------|---|-----|-------------|--------|----|
| 13 | Up 4 | 5 | 110 | 7:00p-7:05p | 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 | 7:05p-7:10p | Rap up | 5 |
| Notes: Discuss practice, ask for a grade, and any announcements | | | | | | |
| 15 | Clean Gym | 5 | 120 | 7:10p-7:15p | 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. | | | | | | |