

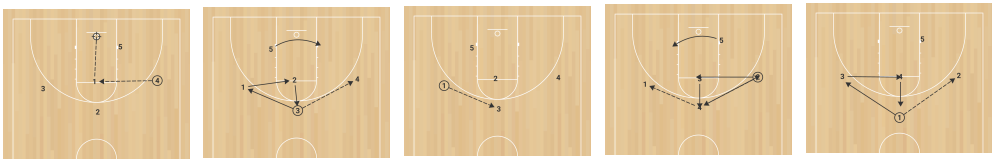


Date & Time: Nov 01, 2024 3:30 PM

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	82
	<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	3:38p-3:42p	Dribbling	78
	<b>Notes:</b> - Pound - Alternate - Wipers - V Dribbles					
3	Star Passing	4	16	3:42p-3:46p	Passing	74
4	4 on 4 Transition Drill	8	24	3:46p-3:54p	Transition Defense	66
	<b>Notes:</b> 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.					
5	Water/Free Throws	5	29	3:54p-3:59p	Break	61
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
6	X Offense	15	44	3:59p-4:14p	Offense / 2-3 Zone Offense	46
7	Circle	15	59	4:14p-4:29p	Offense / 2-3 Zone Offense	31
	<b>Notes:</b> Circle Offense					
						
8	Water	1	60	4:29p-4:30p	Break	30
	<b>Notes:</b> 1 minute to get water					
9	BLOB Review	20	80	4:30p-4:50p	BLOB's	10
	<b>Notes:</b> Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 - Cross					



10	Up 4 / Talk / Clean up	10	90	4:50p-5:00p	End of Practice	0
<b>Notes:</b> Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw						