



Date & Time: Nov 12, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: No excuses

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	3:30p-3:38p	Warm ups	112
	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	Dribbling Warm up	7	15	3:38p-3:45p	Dribbling	105
	Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)					
3	4 on 4 Live	25	40	3:45p-4:10p	Shell Defense	80
	Notes: How to score the games - Each team scores on defensive stops. - If the offense scores, they switch to defense. - Play till one team gets seven stops. -if the defense gives up offensive boards, they have 5 push-ups on every offensive board.					
4	Water	1	41	4:10p-4:11p	Break	79
	Notes: 1 minute to get water					
5	BLOB Review	25	66	4:11p-4:36p	BLOB's	54
	Notes: Review BLOB Play w/ Defense - 1 vs. Man - Pop or 2 - 4 vs. Man or Zone - 5 vs. Zone - 6 vs. Man or Zone - 7 vs. Man - 8 vs. Zone -Cross					
6	SLOB Review	15	81	4:36p-4:51p	SLOB's	39
	Notes: - Chicago vs. Man - Stack vs. Man - Circle vs. Zone					
7	Water	1	82	4:51p-4:52p	Break	38
	Notes: 1 minute to get water					



8	Review Offense	28	110	4:52p-5:20p	Offense	10
Notes: Man - 5 - Zona - Dribble Entry - 2.0 - High Post - Gate - Up 2-3 Zone - Circle - Duke - X 1-3-1 Zone - 2 Guard						
9	2 Free throws/Talk/Clean up	10	120	5:20p-5:30p	End of Practice	0
Notes: Make 2 Free Throws - 1 Miss Sideline 8 in 30 seconds - Miss 2 25 Pushups - Rate Practice out of 10 - Balls up, Clean and Clear out.						