



Date & Time: Nov 13, 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	82
	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	4 on 4 Live	24	32	3:38p-4:02p	Shell Defense	58
	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.					
3	Water	1	33	4:02p-4:03p	Break	57
	Notes: 1 minute to get water					
4	Dimond Press	22	55	4:03p-4:25p	Press & Pressbreak	35
	Notes: Disruptor - Athletic Big Wings - Trap First Pass Interceptor - Intercept passes Safety - Big					
5	BLOB Review	25	80	4:25p-4:50p	BLOB's	10
	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	2 Free throws/Talk/Clean up	10	90	4:50p-5:00p	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.					