



Date & Time: Nov 14, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: Communication
Support
Awareness

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	Star Passing	4	19	3:45p-3:49p	Passing	101
	Notes: R & L hand finishing					
4	Corner Closeouts	10	29	3:49p-3:59p	Defense	91
5	4 on 4 Live	24	53	3:59p-4:23p	Shell Defense	67
	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.					
6	Water	1	54	4:23p-4:24p	Break	66
	Notes: 1 minute to get water					
7	Bull Dog	10	64	4:24p-4:34p	Rebounding	56
	Notes: 3 players - Got to make 2 to get out 2 Groups					
8	33	1	65	4:34p-4:35p	Conditioning	55
	Notes: 6 Lines					
9	Water/Free Throws	5	70	4:35p-4:40p	Break	50
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					



10	2 Guard	20	90	4:40p-5:00p	Offense / 1-3-1 or 3-2 Zone Offense	30
Notes: 2 Guard Offense						
11	BLOB Review	20	110	5:00p-5:20p	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						
12	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.						