



Date & Time: Nov 15, 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	97
	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	90
	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	86
	Notes: R & L hand finishing					
4	4 on 4 Transition Drill	10	29	3:49p-3:59p	Transition Defense	76
	Notes: 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	1	30	3:59p-4:00p	Break	75
	Notes: 1 minute to get water					
6	BLOB Review	20	50	4:00p-4:20p	BLOB's	55
	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					
7	2-3 Zone Offense Review	20	70	4:20p-4:40p	Offense / 2-3 Zone Offense	35
	Notes: Circle X Duke Shocker 5 Out					
8	51 & Pressbreak 1	25	95	4:40p-5:05p	Press & Pressbreak	10
	Notes: Install 51 Press - 1-3-1					



9	2 Free throws/Talk/Clean up	10	105	5:05p-5:15p	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.						