



Date & Time: Nov 16, 2024 12:00 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Stretch	8	8	12:00p-12:08p	Game Days	112
Notes: Before Entering court - Leg Swings - Pigeon Stretch - Quadriceps Stretch On Court - A Skips - B Skips - Butt Kicks						
2	Star Passing	4	12	12:08p-12:12p	Passing	108
Notes: R & L hand finishing						
3	Cardinal	5	17	12:12p-12:17p	Game Days	103
4	Rainbow	5	22	12:17p-12:22p	Game Days	98
5	Vagas	5	27	12:22p-12:27p	Game Days	93
6	Scorebook	3	30	12:27p-12:30p	Game Days	90
Notes: Show how to use Scorebook						
7	Film	3	33	12:30p-12:33p	Game Days	87
8	Pre- Game Captains Meeting	3	36	12:33p-12:36p	Game Days	84
Notes: Discuss What Refs Look for.						
9	Tip Play	6	42	12:36p-12:42p	Game Days	78
10	Timeouts	4	46	12:42p-12:46p	Game Days	74
Notes: What to expect 30 Seconds 2 Timeouts - Everyone stand - 5 that are in Stand in front - People that are not in stand behind 1 Minute 3 Timeouts - The 5 in sit - People that are not in stand behind - Grab Chair						
11	Checking In the Game	3	49	12:46p-12:49p	Game Days	71
Notes: Learn how to check in						
12	Off a made Basket	6	55	12:49p-12:55p	Game Days	65
Notes: Running the Baseline						
13	Baseline Out of Bounds	4	59	12:55p-12:59p	Game Days	61
Notes: Get everyone in place						
14	Play	61	120	12:59p-2:00p	Game Days	0