



Date & Time: Nov 25, 2024 12:00 PM

Name: Practice

Location: Main Gym

Announcements: Quick Fixes  
- Fronting the post  
- Helpside  
- Rebounding  
- Getting speed up

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	12:00p-12:08p	Warm ups	112
	<b>Notes:</b> 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	12:08p-12:15p	Dribbling	105
	<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)					
3	5x5 Conditioning	8	23	12:15p-12:23p	Conditioning	97
	<b>Notes:</b> This is five up and backs five times with 30 seconds breaks in between					
4	33	1	24	12:23p-12:24p	Conditioning	96
	<b>Notes:</b> 6 Lines					
5	Water	1	25	12:24p-12:25p	Break	95
	<b>Notes:</b> 1 minute to get water					
6	Corner Closeouts	6	31	12:25p-12:31p	Defense	89
	<b>Notes:</b> Close out corner forcing middle to the help.					
7	Bull Dog	10	41	12:31p-12:41p	Rebounding	79
	<b>Notes:</b> 3 players - Got to make 2 to get out 2 Groups					
8	Spartan	8	49	12:41p-12:49p	Transition Offense	71
	<b>Notes:</b> 5 on 0 Offense in Transition					
9	33	1	50	12:49p-12:50p	Conditioning	70
	<b>Notes:</b> 6 Lines					
10	Water/Free Throws	5	55	12:50p-12:55p	Break	65
	<b>Notes:</b> Water Free Throws					



	- Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
11	4 on 4 Live	24	79	12:55p-1:19p	Shell Defense	41
	<b>Notes:</b> 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.					
12	BLOB Review	15	94	1:19p-1:34p	BLOB's	26
	<b>Notes:</b> 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					
13	Water	1	95	1:34p-1:35p	Break	25
	<b>Notes:</b> 1 minute to get water					
14	Learning the Flex	15	110	1:35p-1:50p	Scouting	10
	<b>Notes:</b> Don't get caught on those screens.					
15	2 Free throws/Talk/Clean up	10	120	1:50p-2:00p	End of Practice	0
	<b>Notes:</b> 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.					