



Date & Time: Nov 30, 2024 11:55 PM

Name: Practice

Location: Main Gym

Announcements: - Everyone Rides the bus to and from

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	11:55p-12:00a	Before Practice	120
Notes: Practice free throat routine before practice starts						
2	Jogging & Stretching	8	13	12:00a-12:08a	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						
3	Dribbling Warm up	7	20	12:08a-12:15a	Dribbling	105
Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)						
4	Star Passing	4	24	12:15a-12:19a	Passing	101
Notes: R & L hand finishing						
5	Close Outs	8	32	12:19a-12:27a	Defense	93
Notes: Proper Close Outs - Chop Feet - Stay Low - Move Feet						
6	Water	1	33	12:27a-12:28a	Break	92
Notes: 1 minute to get water						
7	Spartan	8	41	12:28a-12:36a	Transition Offense	84
Notes: 5 on 0 Offense in Transition						
8	2 Guard	20	61	12:36a-12:56a	Offense / 1-3-1 or 3-2 Zone Offense	64
Notes: 2 Guard Offense						
9	33	1	62	12:56a-12:57a	Conditioning	63



	Notes: 6 Lines					
10	Water/Free Throws	5	67	12:57a-1:02a	Break	58
	Notes: 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	30	97	1:02a-1:32a	Shell Defense	28
	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.					
12	Water	1	98	1:32a-1:33a	Break	27
	Notes: 1 minute to get water					
13	Lions in the Cage	17	115	1:33a-1:50a	Handling Pressure	10
	Notes: Set up - 4 offensive players on one of the three sections of the volleyball court. - 4 defensive players inside the box. Rules of the Game: - Complete 5 passes					
14	2 Free throws/Talk/Clean up	10	125	1:50a-2:00a	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.					