



Date & Time: Nov 04, 2024 3:25 PM

Name: Practice

Location: Main Gym

Announcements: Communication: The act of exchanging information effectively among team members to foster understanding, teamwork, and coordination. In practice, this means players clearly expressing their intentions, listening actively, and ensuring everyone stays on the same page during drills, plays, and strategy discussions. Effective communication reduces errors and builds trust within the team.

Mindfulness: The quality of being fully present and engaged in the current moment without being distracted by past mistakes or future outcomes. For a practice plan, mindfulness encourages players to focus on each drill or play with full attention, improving situational awareness and mental resilience. It helps players maintain composure under pressure and adapt to changing situations more effectively.

Curiosity: An eagerness to learn, explore, and improve one's skills and understanding of the game. In practice, this means encouraging players to ask questions, seek feedback, and experiment with new techniques or strategies. A culture of curiosity promotes continuous growth, innovation in play, and a deeper connection to the sport.

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	120
	Notes: Practice free throat routine before practice starts					
2	Jogging & Stretching	5	10	3:30p-3:35p	Warm ups	115
	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	2 Ball Dribbling	5	15	3:35p-3:40p	Dribbling	110
	Notes: - Pound - Alternate - Wipers - V Dribbles					
4	1 Basketball	5	20	3:40p-3:45p	Dribbling	105
	Notes: Full Court Movement - Figure 8 No Dribbling - Pound Cross Cross - Cross Tween - Between Behind - Pound Tween Cross Tween					
5	Star Passing	4	24	3:45p-3:49p	Passing	101
	Notes: R & L hand finishing					
6	4 on 4 Live	30	54	3:49p-4:19p	Shell Defense	71
	Notes: How to score the games - Each team scores on defensive stops.					



	<ul style="list-style-type: none"> - 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. 					
7	Water	1	55	4:19p-4:20p	Break	70
	Notes: 1 minute to get water					
8	Zona	30	85	4:20p-4:50p	Offense / Man Offense	40
	Notes: Go over the basic Zona offense					
9	Water/Free Throws	5	90	4:50p-4:55p	Break	35
	Notes: Water Free Throws <ul style="list-style-type: none"> - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court 					
10	(5) Circle Motion Offense	25	115	4:55p-5:20p	Offense / Man Offense	10
11	Up 4 / Talk / Clean up	10	125	5:20p-5:30p	End of Practice	0
	Notes: Up 4 rules <ul style="list-style-type: none"> - +1 Made Free Throw - -2 Missed Free Throw 					