



Date & Time: Nov 05, 2024 4:15 PM

Name: Practice

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	4:15p-4:23p	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	4:23p-4:30p	Dribbling	90
	Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)					
3	4 on 4 Live	25	40	4:30p-4:55p	Shell Defense	65
	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.					
4	Water	1	41	4:55p-4:56p	Break	64
	Notes: 1 minute to get water					
5	BLOB Review	22	63	4:56p-5:18p	BLOB's	42
	Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 -Cross					
6	Water	1	64	5:18p-5:19p	Break	41
	Notes: 1 minute to get water					
7	Circle	15	79	5:19p-5:34p	Offense / 2-3 Zone Offense	26
	Notes: Circle Offense					
8	Water	1	80	5:34p-5:35p	Break	25



	Notes: 1 minute to get water					
9	X Offense	15	95	5:35p-5:50p	Offense / 2-3 Zone Offense	10
10	Up 4 / Talk / Clean up	10	105	5:50p-6:00p	End of Practice	0
	Notes: Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					