



Date & Time: Nov 06, 2024 3:25 PM

Name: Practice

Location: Main Gym

Announcements: Team First  
Communication  
Ask Questions

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	115
<b>Notes:</b> Practice free throat routine before practice starts						
2	Jogging & Stretching	8	13	3:30p-3:38p	Warm ups	107
<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						
3	Dribbling Warm up	7	20	3:38p-3:45p	Dribbling	100
<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)						
4	Close Outs	8	28	3:45p-3:53p	Defense	92
<b>Notes:</b> Proper Close Outs - Chop Feet - Stay Low - Move Feet						
5	Water	1	29	3:53p-3:54p	Break	91
<b>Notes:</b> 1 minute to get water						
6	4 on 4 Transition Drill	10	39	3:54p-4:04p	Transition Defense	81
<b>Notes:</b> When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.						
7	4 on 4 Live	25	64	4:04p-4:29p	Shell Defense	56
<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.						
8	5x5 Conditioning	8	72	4:29p-4:37p	Conditioning	48
<b>Notes:</b> This is five up and backs five times with 30 seconds breaks in between						
9	Water/Free Throws	5	77	4:37p-4:42p	Break	43



	<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					
10	51 & Pressbreak 1	25	102	4:42p-5:07p	Press & Pressbreak	18
	<b>Notes:</b> Install 51 Press - 1-3-1					
11	2 Guard	15	117	5:07p-5:22p	Offense / 1-3-1 or 3-2 Zone Offense	3
	<b>Notes:</b> 2 Guard Offense					
12	Up 4 / Talk / Clean up	8	125	5:22p-5:30p	End of Practice	-5
	<b>Notes:</b> Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw					