



Date & Time: Nov 07, 2024 5:00 PM

Name: Practice

Location: Main Gym

Announcements: Communication  
Attitude  
Effort

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	5:00p-5:08p	Warm ups	97
	<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	5:08p-5:15p	Dribbling	90
	<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)					
3	Star Passing	4	19	5:15p-5:19p	Passing	86
	<b>Notes:</b> R & L hand finishing					
4	3 on 2/2 on 1	10	29	5:19p-5:29p	Transition Offense	76
	<b>Notes:</b> Engage the defender and make him step up					
5	2 on 2 Get Back	15	44	5:29p-5:44p	Transition Defense	61
	<b>Notes:</b> The offense is not allowed to leak out					
6	Water	1	45	5:44p-5:45p	Break	60
	<b>Notes:</b> 1 minute to get water					
7	Bull Dog	10	55	5:45p-5:55p	Rebounding	50
	<b>Notes:</b> 3 players - Got to make 2 to get out 2 Groups					
8	Water	1	56	5:55p-5:56p	Break	49
	<b>Notes:</b> 1 minute to get water					
9	5 on 5	20	76	5:56p-6:16p	Scrimmage	29
10	33	1	77	6:16p-6:17p	Conditioning	28
	<b>Notes:</b> 6 Lines					
11	Zona	20	97	6:17p-6:37p	Offense / Man Offense	8
	<b>Notes:</b> Go over the basic Zona offense					



12	Up 4 / Talk / Clean up	8	105	6:37p-6:45p	End of Practice	0
<b>Notes:</b> Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw						