



Date & Time: Nov 08, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: - Communication

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	3:30p-3:38p	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						
2	Dribbling Warm up	7	15	3:38p-3:45p	Dribbling	105
Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)						
3	Star Passing	4	19	3:45p-3:49p	Passing	101
Notes: R & L hand finishing						
4	4 on 4 Live	25	44	3:49p-4:14p	Shell Defense	76
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.						
5	Circle	15	59	4:14p-4:29p	Offense / 2-3 Zone Offense	61
Notes: Circle Offense						
6	Water	1	60	4:29p-4:30p	Break	60
Notes: 1 minute to get water						
7	Duke Offense	15	75	4:30p-4:45p	Offense / 2-3 Zone Offense	45
Notes: Duke Offense Bigs start at bottom						



8	5x5 Conditioning	8	83	4:45p-4:53p	Conditioning	37
Notes: This is five up and backs five times with 30 seconds breaks in between						
9	Water/Free Throws	5	88	4:53p-4:58p	Break	32
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
10	BLOB Review	24	112	4:58p-5:22p	BLOB's	8
Notes: Review BLOB Play w/ Defense - 1 - Pop - 5 - 6 - 7 - 8 - Cross						
11	Up 4 / Talk / Clean up	8	120	5:22p-5:30p	End of Practice	0
Notes: Up 4 rules - +1 Made Free Throw - -2 Missed Free Throw						