



Date & Time: Dec 10, 2024 3:30 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

Absent Excused (AE)

Grayson Haan

#	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	Bull Dog	8	27	3:49p-3:57p	Rebounding	93
	Notes: 3 players - Got to make 2 to get out 2 Groups					
5	Animal Drill	8	35	3:57p-4:05p	Toughness	85
6	Lions in the Cage	15	50	4:05p-4:20p	Handling Pressure	70
	Notes: Set up - 4 offensive players on one of the three sections of the volleyball court. - 4 defensive players inside the box. Rules of the Game: - Complete 5 passes					
7	4 on 4 Live	25	75	4:20p-4:45p	Shell Defense	45
	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.					
8	(5) Circle Motion Offense	20	95	4:45p-5:05p	Offense / Man Offense	25
9	5 on 5 controlled	15	110	5:05p-5:20p	Offense	10
Notes: Let them play controlled						
10	2 Free throws/Talk/Clean up	10	120	5:20p-5:30p	End of Practice	0
Notes: Make 2 Free Throws - 1 Miss Sideline 8 in 30 seconds - Miss 2 25 Pushups - Rate Practice out of 10 - Balls up, Clean and Clear out.						