



Date & Time: Dec 13, 2024 3:25 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	3:25p-3:30p	Before Practice	120
Notes: Practice free throat routine before practice starts						
2	Star Passing	4	9	3:30p-3:34p	Passing	116
Notes: R & L hand finishing						
3	Dribbling Warm up	7	16	3:34p-3:41p	Dribbling	109
Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Pound Cross Tween (R/L)						
4	Tipping Drill	1	17	3:41p-3:42p	Conditioning	108
Notes: Ball hits the floor thats lines						
5	Water	1	18	3:42p-3:43p	Break	107
Notes: 1 minute to get water						
6	Spartan	8	26	3:43p-3:51p	Transition Offense	99
Notes: 5 on 0 Offense in Transition						
7	2 on 2 Get Back	15	41	3:51p-4:06p	Transition Defense	84
Notes: The offense is not allowed to leak out						
8	Water	1	42	4:06p-4:07p	Break	83
Notes: 1 minute to get water						
9	Pistol Offense	27	69	4:07p-4:34p	Offense / Man Offense	56
Notes: Back Door, Blur Screen, Dribble Handoff						
10	(5) Circle Motion Offense	25	94	4:34p-4:59p	Offense / Man Offense	31
11	Water	1	95	4:59p-5:00p	Break	30
Notes: 1 minute to get water						
12	5 on 5	20	115	5:00p-5:20p	Scrimmage	10
13	2 Free throws/Talk/Clean up	10	125	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.						