



Date & Time: Dec 16, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: Study for finals

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	2 on 2 Get Back	15	30	3:45p-4:00p	Transition Defense	90
Notes: The offense is not allowed to leak out						
4	Water	1	31	4:00p-4:01p	Break	89
Notes: 1 minute to get water						
5	51 & Pressbreak 1	20	51	4:01p-4:21p	Press & Pressbreak	69
Notes: Install 51 Press - 1-3-1						
6	Pistol Offense	20	71	4:21p-4:41p	Offense / Man Offense	49
Notes: Back Door, Blur Screen, Dribble Handoff						
7	2-3 Zone Offense Review	20	91	4:41p-5:01p	Offense / 2-3 Zone Offense	29
Notes: Circle X Duke Shocker 5 Out						
8	Water	1	92	5:01p-5:02p	Break	28
Notes: 1 minute to get water						
9	(5) Circle Motion Offense	15	107	5:02p-5:17p	Offense / Man Offense	13



10	2 Free throws/Talk/Clean up	10	117	5:17p-5:27p	End of Practice	3
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.						