



Date & Time: Dec 18, 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	Jogging & Stretching	8	13	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						
3	3 on 2/2 on 1	10	23	3:38p-3:48p	Transition Offense	102
Notes: Engage the defender and make him step up						
4	Corner Closeouts	10	33	3:48p-3:58p	Defense	92
5	BLOB Review	15	48	3:58p-4:13p	BLOB's	77
Notes: Review BLOB Play w/ Defense - 1 vs. Man - Pop or 2 - 4 vs. Man or Zone - 5 vs. Zone - 6 vs. Man or Zone - 7 vs. Man - 8 vs. Zone -Cross						
6	SLOB Review	15	63	4:13p-4:28p	SLOB's	62
Notes: - Chicago vs. Man - Stack vs. Man - Circle vs. Zone						
7	Water/Free Throws	5	68	4:28p-4:33p	Break	57
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
8	4 on 4 Live	30	98	4:33p-5:03p	Shell Defense	27
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.						
9	Water	1	99	5:03p-5:04p	Break	26
Notes: 1 minute to get water						
10	5 on 5	16	115	5:04p-5:20p	Scrimmage	10



11	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.						