Underdog Hoops

Practice Plan

Date & Time:	Dec 20, 2024 1:55 PM
Name:	Practice
Location:	Main Gym
Player Attendance Report:	

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Free Throw Routine	5	5	1:55p-2:00p	Before Practice	105
	Notes: Practice free throat routine before practice starts					
2	Jogging & Stretching	8	13	2:00p-2:08p	Warm ups	97
	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	Dribbling Warm up	7	20	2:08p-2:15p	Dribbling	90
	Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - FIgure 8 (no dribbling) - Pound Cross Tween (R/L)					
4	Star Passing	4	24	2:15p-2:19p	Passing	86
	Notes: R & L hand finishing					
5	Duke Drill	8	32	2:19p-2:27p	Shooting	78
	Notes: 5 Minute Shooting Drill					
6	Water	1	33	2:27p-2:28p	Break	77
	Notes: 1 minute to get water					
7	Circle Motion Shooting Drill	25	58	2:28p-2:53p	Shooting	52
	Notes: Practice the motion of the offense while getting shots up.					
8	Individual work	20	78	2:53p-3:13p	Bigs / Guards	32

Split Activities:

Group: Brown

Brown's Choice	20	2:53-3:13	Guards

Group: Farrar

Duck in drop step	5	2:53-2:58	Bigs
Duck in up & under	5	2:58-3:03	Bigs
High Post Catch Jab Rip Finish	5	3:03-3:08	Bigs
High Post Jumper	5	3:08-3:13	Bigs

9	Red	22	100	3:13p-3:35p	Defense	10
	Notes: Match up Zone					
10	2 Free throws/Talk/Clean up	10	110	3:35p-3:45p	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.					