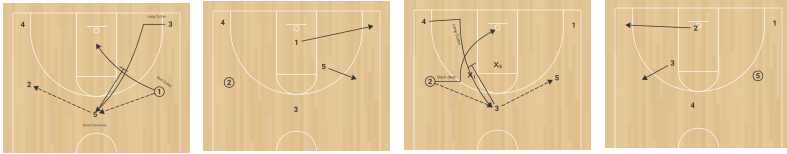




Date & Time: Dec 23, 2024 8:00 AM

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	8:00a-8:08a	Warm ups	117
	<b>Notes:</b> 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	8:08a-8:15a	Dribbling	110
	<b>Notes:</b> Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling) - Shift weight					
3	3 Man Weave 2 on 1	8	23	8:15a-8:23a	Transition Offense	102
	<b>Notes:</b> 3 Man Weave into a 2 on 1					
4	Water	1	24	8:23a-8:24a	Break	101
	<b>Notes:</b> 1 minute to get water					
5	Stress Ball	7	31	8:24a-8:31a	Defensive Drill	94
	<b>Notes:</b> Defense has the disadvantage - holds ball above head - Beat off the rip					
6	Press Break 2	7	38	8:31a-8:38a	Press & Pressbreak	87
7	Dimond Press	15	53	8:38a-8:53a	Press & Pressbreak	72
	<b>Notes:</b> Disruptor - Athletic Big Wings - Trap First Pass Interceptor - Intercept passes Safety - Big					
8	Water	1	54	8:53a-8:54a	Break	71
	<b>Notes:</b> 1 minute to get water					
9	Pressbreak 1	7	61	8:54a-9:01a	Press & Pressbreak	64
	<b>Notes:</b> Install 51 Press - 1-3-1					
10	51	15	76	9:01a-9:16a	Press & Pressbreak	49
	<b>Notes:</b> Install 51 Press - 1-3-1					
11	(5) Circle Motion Offense	15	91	9:16a-9:31a	Offense / Man Offense	34



12	SLOB Review	19	110	9:31a-9:50a	SLOB's	15
<b>Notes:</b> - Chicago vs. Man - Stack vs. Man - Circle vs. Zone						
13	2 Free throws/Talk/Clean up	10	120	9:50a-10:00a	End of Practice	5
<b>Notes:</b> 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.						