



Date & Time: Dec 24, 2024 8:00 AM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	8:00a-8:08a	Warm ups	67
	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	Review Offense	20	28	8:08a-8:28a	Offense	47
	Notes: Man - 5 - Zona - Dribble Entry - 2.0 - High Post - Gate - Up 2-3 Zone - Circle - Duke - X 1-3-1 Zone - 2 Guard					
3	BLOB Review	15	43	8:28a-8:43a	BLOB's	32
	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					
4	5 on 5	32	75	8:43a-9:15a	Scrimmage	0