



Date & Time: Dec 09, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements:
- Run for Tardy
- Run for Turnovers
- Run for Jerseys

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	Run for Turnovers	6	21	3:45p-3:51p	Conditioning	99
4	Tipping Drill	1	22	3:51p-3:52p	Conditioning	98
	Notes: Ball hits the floor thats lines					
5	Water	1	23	3:52p-3:53p	Break	97
	Notes: 1 minute to get water					
6	4 on 4 Transition Drill	8	31	3:53p-4:01p	Transition Defense	89
	Notes: When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.					
7	Individual work	20	51	4:01p-4:21p	Bigs / Guards	69
	Split Activities: Group: Brown Brown's Choice 20 4:01-4:21 Guards Group: Farrar Duck in drop step 5 4:01-4:06 Bigs Duck in up & under 5 4:06-4:11 Bigs High Post Catch Jab Rip Finish 5 4:11-4:16 Bigs High Post Jumper 5 4:16-4:21 Bigs					



8	4 on 4 Live	24	75	4:21p-4:45p	Shell Defense	45
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	(5) Circle Motion Offense	15	90	4:45p-5:00p	Offense / Man Offense	30
10	Red	20	110	5:00p-5:20p	Defense	10
Notes: Match up Zone						
11	2 Free throws/Talk/Clean up	10	120	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.						