



Date & Time: Feb 04, 2025 12:00 AM

Name: Practice

Location: Main Gym

Announcements: Turning in all game jerseys tomorrow following the game

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	8	8	0:00 - 0:08	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 Partner Stretch					
2	Dribbling Warm up	7	15	0:08 - 0:15	Dribbling	105
	Notes: Two Ball Dribbling - Pound - Alternate - V Dribbles One Ball Dribbling - Figure 8 (no dribbling)					
3	Star Passing	4	19	0:15 - 0:19	Passing	101
	Notes: R & L hand finishing					
4	Run for Turnovers	6	25	0:19 - 0:25	Conditioning	95
5	Pressbreak 1	10	35	0:25 - 0:35	Press & Pressbreak	85
	Notes: Install 51 Press - 1-3-1					
6	2 Buckets	30	65	0:35 - 1:05	Scrimmage	55
	Notes: This drill starts with a tip off first team to score 2 buckets wins. We are working on scenarios when the team wins. They will have to shoot a free-throw if they miss the free throw everyone runs if they make the free throw everyone on their team does not have to run.					
7	Water	1	66	1:05 - 1:06	Break	54
	Notes: 1 minute to get water					
8	Bull Dog	10	76	1:06 - 1:16	Rebounding	44
	Notes: 3 players - Got to make 2 to get out 2 Groups					
9	Bad Blood	10	86	1:16 - 1:26	Handling Pressure	34
10	Knock Out	10	96	1:26 - 1:36	Fun Game	24
11	2 Free throws/Talk/Clean up	10	106	1:36 - 1:46	End of Practice	14
	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.