



Date & Time: Jun 10, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: The game is tomorrow at 6pm. I need you at San Dimas at 5:30 pm Make sure to leave with plenty of time to get to the game.

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Weightroom	25	25	5:30p-5:55p	Weight Training	125
<p><b>Split Activities:</b></p> <p><b>Group: Upper Body 1</b></p> <p>Push ups 4 5:30-5:34 Upper Body  <b>Notes:</b> 4 sets of 25</p> <p>Crunches 4 5:34-5:38 Core  <b>Notes:</b> 4 sets of 25</p> <p>Russian Twists 3 5:38-5:41 Core  <b>Notes:</b> 2 sets of 25</p> <p>Shoulder Shrugs 4 5:41-5:45 Upper Body  <b>Notes:</b> 2 Sets of 50</p> <p>Bisep curls 3 5:45-5:48 Upper Body  <b>Notes:</b> 4 Sets of 20</p> <p>Trisep Curls 3 5:48-5:51 Upper Body  <b>Notes:</b> 4 Sets of 10</p> <p>Flutter Kicks 4 5:51-5:55 Core  <b>Notes:</b> 4 Sets of 10</p>						
2	Free Throw Routine	5	30	5:55p-6:00p	Before Practice	120
<b>Notes:</b> Practice free throat routine before practice starts						
3	Jogging & Stretching	10	40	6:00p-6:10p	Warm ups	110
<p><b>Notes:</b> Jog 5x up and back</p> <ul style="list-style-type: none"> <li>- A Skips</li> <li>- B Skips</li> <li>- Butt Kicks</li> </ul> <p>Stretches 15 sec each</p> <ul style="list-style-type: none"> <li>- Touch Toes</li> <li>- R/L Touch Toes</li> <li>- Butterflies</li> <li>- Pigeon</li> </ul> <p>Defense</p> <ul style="list-style-type: none"> <li>- Slides</li> <li>- Back Petal</li> </ul>						
4	2 Ball Dribbling	5	45	6:10p-6:15p	Dribbling / 2 Ball	105



	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate					
5	5 Cutting	10	55	6:15p-6:25p	Offense / Man Offense	95
	<b>Notes:</b> Cuts - Curl - Backdoor - Flare					
6	Individual Work	15	70	6:25p-6:40p	Bigs / Guards	80
	<p><b>Split Activities:</b></p> <p><b>Group:</b> Brown/Farrar</p> <p>Counters 5 6:25-6:30 Guards</p> <p><b>Notes:</b> Pro hop finishes</p> <p>Advantage Drills 5 6:30-6:35 Guards</p> <p><b>Notes:</b> Place two cones this is gonna be a two on two drill with one offensive player going around the cone and one defensive player going around a cone with another set of offense and defense in the opposite corner</p> <p>Dribbling Work 5 6:35-6:40 Guards</p> <p><b>Notes:</b> Brown's choice of dribbling work</p> <p><b>Group:</b> Shelton/Farrar</p> <p>Drop in Drop step 5 6:25-6:30 Bigs</p> <p>Drop in Up and Under 5 6:30-6:35 Bigs</p> <p>Flash and Face 5 6:35-6:40 Bigs</p>					
7	Water	1	71	6:40p-6:41p	Break	79
	<b>Notes:</b> 1 minute to get water					
8	Game Day Routine	10	81	6:41p-6:51p	Game Days	69
	<b>Notes:</b> Dribble around the Court once - 1 line layups, everyone gets 2 layups. - Rainbow - Cardinal					
	<p><b>Split Activities:</b></p> <p><b>Group:</b> Game Day Warm ups</p> <p>Jog In Lay ups 3 6:41-6:44 Game Days</p> <p>Cardinal 5 6:44-6:49 Game Days</p> <p>Rainbow 5 6:49-6:54 Game Days</p> <p>Vagas 5 6:54-6:59 Game Days</p> <p>Lay ups 2 6:59-7:01 Game Days</p>					
9	Water/Free Throws	5	86	6:51p-6:56p	Break	64
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back					



	- 0/2 Run around the entire 1 Court					
10	Review	8	94	6:56p-7:04p	Offense	56
	<b>Notes:</b> Review all					
11	Spartan	8	102	7:04p-7:12p	Transition Offense	48
	<b>Notes:</b> 5 on 0 Offense in Transition					
12	Water	1	103	7:12p-7:13p	Break	47
	<b>Notes:</b> 1 minute to get water					
13	BLOB Review	10	113	7:13p-7:23p	BLOB's	37
	<b>Notes:</b> Review BLOB Play w/ Defense					
14	SLOB Review	5	118	7:23p-7:28p	SLOB's	32
	<b>Notes:</b> Review SLOB Play w/ Defense					
15	5 on 5	18	136	7:28p-7:46p	Scrimmage	14
16	Up 4	5	141	7:46p-7:51p	Rap up	9
	<b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					
17	Talk	4	145	7:51p-7:55p	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
18	Clean Gym	5	150	7:55p-8:00p	Rap up	0
	<b>Notes:</b> If I see any trash left on your side of the court, you need to clean it up. If we are the last in the gym, you all are responsible for picking the trash up, no matter if it's yours or not.					