




Date & Time: Jun 12, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: 6pm Game at San Dimas

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Leg Day 3	25	25	5:30p-5:55p		125
<p>Split Activities:</p> <p>Group: Leg Day 3</p> <p>Pogo Jumps 2 5:30-5:32 Legs Notes: 4 Sets of 10</p> <p>Calf Raises 2 5:32-5:34 Legs Notes: 2 Sets of 25</p> <p>Skaters 4 5:34-5:38 Legs Notes: 4 Sets of 10</p> <p>Seated Box Jump 4 5:38-5:42 Legs Notes: 2 Sets of 15</p> <p>Burpees 4 5:42-5:46 Legs Notes: 3 Sets of 10</p> <p>Squats 3 5:46-5:49 Legs Notes: 3 Sets of 10</p> <p>Plank 1 5:49-5:50 Core Notes: 1 Minute</p> <p>Bulgarian Split Squats 3 5:50-5:53 Legs Notes: 2 Sets of 15 Both sides</p> <p>Lateral Squats 2 5:53-5:55 Legs Notes: 2 Sets of 15</p>						
2	Free Throw Routine	5	30	5:55p-6:00p	Before Practice	120
Notes: Practice free throat routine before practice starts						
3	Star Closeouts	5	35	6:00p-6:05p	Defense	115
						
4	4 on 4 Live	20	55	6:05p-6:25p	Shell Defense	95



	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.					
5	Water	1	56	6:25p-6:26p	Break	94
	Notes: 1 minute to get water					
6	Zona	20	76	6:26p-6:46p	Offense / Man Offense	74
7	(31) 1-3-1 Defense	15	91	6:46p-7:01p	Defense	59
8	Water/Free Throws	5	96	7:01p-7:06p	Break	54
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
9	BLOB Review	10	106	7:06p-7:16p	BLOB's	44
	Notes: Review BLOB Play w/ Defense					
10	SLOB Review	9	115	7:16p-7:25p	SLOB's	35
	Notes: Review SLOB Play w/ Defense					
11	5 on 5	20	135	7:25p-7:45p	Scrimmage	15
12	Up 4	5	140	7:45p-7:50p	Rap up	10
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					
13	Talk	5	145	7:50p-7:55p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
14	Clean Gym	5	150	7:55p-8:00p	Rap up	0
	Notes: 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.					