



Date & Time: Jun 14, 2024 5:00 PM

Name: Practice Plan

Location: Main Gym

Announcements: Mondays practice is at 5:30pm-8pm

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:00p-5:10p	Warm ups	140
Notes: Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon Defense - Slides - Back Petal						
2	Clayton	4	14	5:10p-5:14p	Conditioning	136
Notes: Suicide, but after every line they touch, they have to do a full court up and back in between their suicide						
3	Follow the leader Drill	10	24	5:14p-5:24p	Conditioning	126
Notes: The guy that is last in line has to run all the way around and end up at the front of the line after one trip around.						
4	1 Ball Dribbling	5	29	5:24p-5:29p	Dribbling	121
Notes: 1 Ball Dribbling x2 - 10 pounds R/L - 10 Cross Between R/L - 10 Behind Back Tennis Ball Throw and Catch in the air.						
5	1 vs. 1 Full Court	10	39	5:29p-5:39p	Defense	111
Notes: Defense: Get off and turn him. Play defense without fouling.						
6	Water	1	40	5:39p-5:40p	Break	110
Notes: 1 minute to get water						
7	4 on 4 Live	15	55	5:40p-5:55p	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.						
8	Rugby	15	70	5:55p-6:10p	Handling Pressure	80
Notes: Rugby is when you can only pass backwards and the defense has an extra defender to add pressure doubling the ball. You can dribble the goal is to force the offense to come to the ball.						
9	Water/Free Throws	5	75	6:10p-6:15p	Break	75
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						



10	Circle Motion Offense 5	15	90	6:15p-6:30p	Offense / Man Offense	60
Notes: Circle Motion Offense						
11	BLOB Review	10	100	6:30p-6:40p	BLOB's	50
Notes: Review BLOB Play w/ Defense						
12	SLOB Review	5	105	6:40p-6:45p	SLOB's	45
Notes: Review SLOB Play w/ Defense						
13	5 on 5	20	125	6:45p-7:05p	Scrimmage	25
14	Talk	5	130	7:05p-7:10p	Rap up	20
Notes: Discuss practice, ask for a grade, and any announcements						
15	Up 4	5	135	7:10p-7:15p	Rap up	15
Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
16	Clean Gym	5	140	7:15p-7:20p	Rap up	10
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.						
17	Corner Closeouts	10	150	7:20p-7:30p	Defense	0