



Date & Time: Jun 17, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

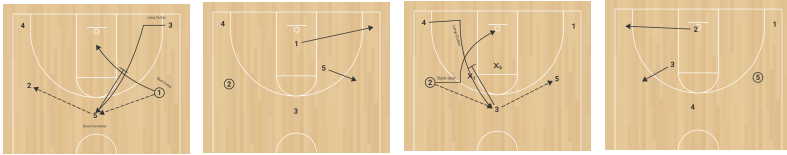
Announcements: Tuesday's Game is at 7pm. Please arrive by 6:30pm

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Weightroom	25	25	5:30p-5:55p	workouts	125
<p>Split Activities:</p> <p>Group: Workout</p> <p>Push ups 4 5:30-5:34 Weight Training Notes: 4 sets of 25</p> <p>sit ups 4 5:34-5:38 Weight Training Notes: 4 sets of 25</p> <p>Jump Rope 4 5:38-5:42 Weight Training Notes: 1 Minute</p> <p>Ladder Drills 5 5:42-5:47 Weight Training Notes: Brown lead</p> <p>Plyometrics 5 5:47-5:52 Weight Training Notes: Brown lead</p> <p>Bench Press 3 5:52-5:55 Weight Training Notes: 3 sets of 10</p>						
2	Free Throw Routine	5	30	5:55p-6:00p	Before Practice	120
Notes: Practice free throat routine before practice starts						
3	Jogging & Stretching	10	40	6:00p-6:10p	Warm ups	110
<p>Notes: Jog 5x up and back</p> <ul style="list-style-type: none"> - A Skips - B Skips - Butt Kicks <p>Stretches 15 sec each</p> <ul style="list-style-type: none"> - Touch Toes - R/L Touch Toes - Butterflies - Pigeon <p>Defense</p> <ul style="list-style-type: none"> - Slides - Back Petal 						
4	Dribbling Full Court	5	45	6:10p-6:15p	Dribbling	105
<p>Notes: All Weak Hand</p> <ul style="list-style-type: none"> - V Dribbles - In/Outs - Hesitation - Between the legs 						

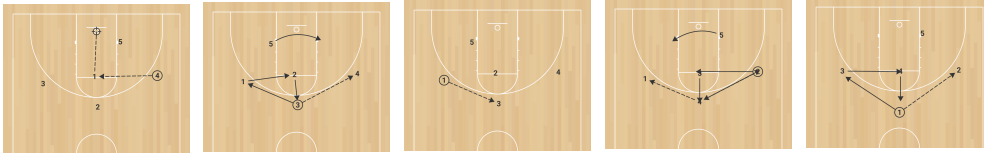


5	Wichita Drill	15	60	6:15p-6:30p	Shooting	90
Notes: The first Team to 10 doesn't have to do push-ups						
Split Activities:						
Group: Wichita Drill						
	Rip through layups	5		6:15-6:20	Shooting	
Notes: Flash to the the 3rd hash then flash wing step and rip through layup						
	Rip through 1 Dribble Pull up	5		6:20-6:25	Shooting	
Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot						
	Rip through 1 behind the back	5		6:25-6:30	Shooting	
Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot						
6	Individual Work	15	75	6:30p-6:45p	Bigs / Guards	75
Split Activities:						
Group: Brown/Farrar						
	Counters	5		6:30-6:35	Guards	
Notes: Pro hop finishes						
	Advantage Drills	5		6:35-6:40	Guards	
Notes: 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						
	Dribbling Work	5		6:40-6:45	Guards	
Notes: Brown's choice of dribbling work						
Group: Shelton/Farrar						
	Drop in Drop step	5		6:30-6:35	Bigs	
	Drop in Up and Under	5		6:35-6:40	Bigs	
	Flash and Face	5		6:40-6:45	Bigs	
7	Water	1	76	6:45p-6:46p	Break	74
Notes: 1 minute to get water						
8	Full Court Pressure	10	86	6:46p-6:56p	Handling Pressure	64
Notes: Full court 1 on 1's - Offense: Needs to maintain control of the ball and attempt to make a layup. If the offense gives up a steal they have five push-ups - Defense: Needs to play hard defense full court if a steal is committed, they hand the ball back to the offense. If the defense does not defend pressure defense the defense must do push-ups.						
9	Water/Free Throws	5	91	6:56p-7:01p	Break	59
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
10	(5) Circle Motion Offense	10	101	7:01p-7:11p	Offense / Man Offense	49



11	Circle	10	111	7:11p-7:21p	Offense / 2-3 Zone Offense	39
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Notes: Circle Offense



12	51 & Pressbreak 1	10	121	7:21p-7:31p	Press & Pressbreak	29
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Notes: Install 51 Press
- 1-3-1

13	5 on 5	14	135	7:31p-7:45p	Scrimmage	15
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14	Up 4	5	140	7:45p-7:50p	Rap up	10
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Notes: Everyone shoots a free throw the goal is to be +1 or better
- Make a free throw +1
- Miss a free throw -2

15	Talk	5	145	7:50p-7:55p	Rap up	5
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Notes: Discuss practice, ask for a grade, and any announcements

16	Clean Gym	5	150	7:55p-8:00p	Rap up	0
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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.