



Date & Time: Jun 21, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: Film at 5:00pm-5:30pm
 Last week of games are next week.
 First 2 weeks of July. are dead period.
 I am giving you all of July off.
 August 5th is your first day of school
 7th Period Basketball is decided by me and Coach Brown

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:30p-5:40p	Warm ups	110
	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	2 Ball Dribbling	5	15	5:40p-5:45p	Dribbling / 2 Ball	105
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate					
3	4 on 4 Transition Drill	9	24	5:45p-5:54p	Transition Defense	96
	Notes: When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.					
4	Water	1	25	5:54p-5:55p	Break	95
	Notes: 1 minute to get water					
5	4 on 4 Live	15	40	5:55p-6:10p	Shell Defense	80
	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.					
6	(5) Circle Motion Offense	10	50	6:10p-6:20p	Offense / Man Offense	70
7	Water/Free Throws	5	55	6:20p-6:25p	Break	65
	Notes: Water Free Throws					



	<ul style="list-style-type: none"> - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court 					
8	Circle	9	64	6:25p-6:34p	Offense / 2-3 Zone Offense	56
	Notes: Circle Offense					
9	Pirate	5	69	6:34p-6:39p	SLOB's	51
10	Water	1	70	6:39p-6:40p	Break	50
	Notes: 1 minute to get water					
11	51 & Pressbreak 1	15	85	6:40p-6:55p	Press & Pressbreak	35
	Notes: Install 51 Press - 1-3-1					
12	3 v 3 v 3	20	105	6:55p-7:15p	Scrimmage	15
	Notes: Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.					
13	Clean Gym	5	110	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.					
14	Talk	5	115	7:20p-7:25p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
15	Up 4	5	120	7:25p-7:30p	Rap up	0
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					