



Date & Time: Jun 24, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: Arrive at San Dimas by 4:30pm game against Montclair at 5 on Main floor.

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	weight Training	25	25	5:30p-5:55p	Workouts	125
Split Activities:						
Group: Day						
	Pull ups			3	5:30-5:33	Weight Training
Notes: Burn outs						
	Push ups			4	5:33-5:37	Weight Training
Notes: 4 sets of 25						
	Sit ups			4	5:37-5:41	Weight Training
Notes: 4 set of 25						
	Russian Twists			2	5:41-5:43	Weight Training
Notes: 2 Sets of 25						
	Skaters			3	5:43-5:46	Weight Training
Notes: 3 Sets of 10						
	Dips			3	5:46-5:49	Weight Training
Notes: 3 Sets of 10						
	Brown Lead agility			6	5:49-5:55	Weight Training
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
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						
4	2 Ball Dribbling	5	45	6:10p-6:15p	Dribbling / 2 Ball	105
Notes: 3 Lines 2 Ball Dribbling - Pound						



	- Alternate - Wipers					
5	Close Outs	10	55	6:15p-6:25p	Defense	95
	Notes: Proper Close Outs - Chop Feet - Stay Low - Move Feet					
6	4 on 4 Live	15	70	6:25p-6:40p	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.					
7	Water	1	71	6:40p-6:41p	Break	79
	Notes: 1 minute to get water					
8	Individual Work	15	86	6:41p-6:56p	Bigs / Guards	64
	Split Activities:					
	Group: Brown/Farrar					
	Counters		5	6:41-6:46	Guards	
	Notes: Pro hop finishes					
	Advantage Drills		5	6:46-6:51	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	6:51-6:56	Guards	
	Notes: Brown's choice of dribbling work					
	Group: Shelton/Farrar					
	Drop in Drop step		5	6:41-6:46	Bigs	
	Drop in Up and Under		5	6:46-6:51	Bigs	
	Flash and Face		5	6:51-6:56	Bigs	
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	Thumbs up	15	106	7:01p-7:16p	Press & Pressbreak	44
	Notes: This is a gamble press intended to trap the first pass. Get the steal on the pass.					
11	Water	1	107	7:16p-7:17p	Break	43
	Notes: 1 minute to get water					
12	Review Offense	15	122	7:17p-7:32p	Offense	28
	Notes: 5, Circle, 2 Guard					
13	BLOB/SLOB Review	13	135	7:32p-7:45p	BLOB's	15
	Notes: Review BLOB and SLOB Play w/ Defense					
14	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						
15	Talk	5	145	7:50p-7:55p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
16	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.						