



Date & Time: Jun 26, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: Last Game tomorrow. Please be @ San Dimas by 5:30pm game is at 6pm

Meal after the game tomorrow?
In-N-Out or Chick Fil A

Bring your phones

- Instagram brave_nation_hoops, alhsbasketball, coach.farrar, missmitchelllll, alhs_braves

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Leg Day 2	25	25	5:30p-5:55p	Weight Training	125
<p>Split Activities:</p> <p>Group: Leg Workout 2</p> <p>Plyometrics 8 5:30-5:38 Legs Notes: Brown will lead this</p> <p>Box Jumps 3 5:38-5:41 Legs Notes: 3 Sets of 10</p> <p>Pogo Jumps 3 5:41-5:44 Legs Notes: 3 Sets of 10</p> <p>Squats 3 5:44-5:47 Legs Notes: 3 Sets of 10</p> <p>Sit and Jump 3 5:47-5:50 Legs Notes: 3 Sets of 10</p> <p>Single Leg Thrust 3 5:50-5:53 Legs Notes: 3 Sets of 10</p> <p>Legs on the wall 2 5:53-5:55 Recovery Notes: 2 Minutes</p>						
2	Free Throw Routine	5	30	5:55p-6:00p	Before Practice	120
Notes: Practice free throat routine before practice starts						
3	4 on 4 Live	25	55	6:00p-6:25p	Shell Defense	95
<p>Notes: How to score the games</p> <ul style="list-style-type: none"> - 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. 						
4	Bull Dog	10	65	6:25p-6:35p	Rebounding	85
Notes: 3 players						



	- Got to make 2 to get out 2 Groups					
5	Water	1	66	6:35p-6:36p	Break	84
	Notes: 1 minute to get water					
6	Circle Motion Shooting Drill	15	81	6:36p-6:51p	Shooting	69
	Notes: Practice the motion of the offense while getting shots up.					
7	(5) Circle Motion Offense	15	96	6:51p-7:06p	Offense / Man Offense	54
8	Water/Free Throws	5	101	7:06p-7:11p	Break	49
	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	111	7:11p-7:21p	BLOB's	39
	Notes: Review BLOB Play w/ Defense					
10	SLOB Review	5	116	7:21p-7:26p	SLOB's	34
11	Water	1	117	7:26p-7:27p	Break	33
	Notes: 1 minute to get water					
12	4 on 4 on 4	18	135	7:27p-7:45p	Scrimmage	15
13	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					
14	Talk	5	145	7:50p-7:55p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
15	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.					