



Date & Time: Jun 04, 2024 5:30 PM

Name: Practice Plan

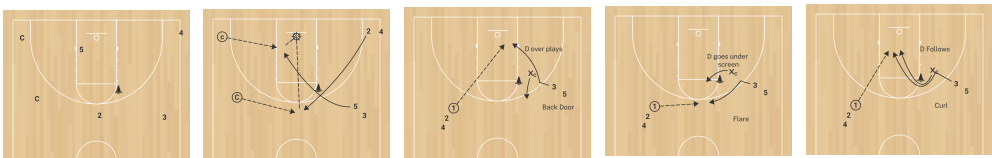
Location: Main Gym

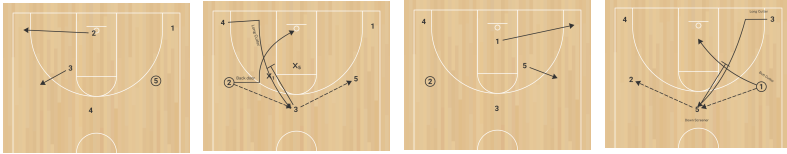
- Announcements:
- Brave Code of Conduct needs to be signed
  - \$20 Jerseys for sale. You need them for practice and Games in the summer
  - Parent meeting on Thursday after practice in Rm 215.
  - You will not be able to play if you do not turn in the code of conduct by Tuesday, 6/11.,  
Respect Principles
    1. Respect Everyone even if you don't like it
    2. Be coachable. Have a good attitude and effort. Your skill is the least of my concern
    3. Be ready for practice on time with shoes on, No jewelry nothing on your wrists

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Meet the Coaches & Players	5	5	5:30p-5:35p	Team Meeting	145
	<b>Notes:</b> Introduce the coaches freshman coaches coach Farrar, coach Shelton, coach Brown. My expectations will be displayed the first few weeks of summer. Eye contact					
2	Leg Day	20	25	5:35p-5:55p	Weight Training	125
	<p><b>Split Activities:</b></p> <p><b>Group:</b> Leg Workout 1</p> <p>Pogo Jumps 2 5:35-5:37 Legs <b>Notes:</b> 3 Sets of 10</p> <p>Calf Raises 2 5:37-5:39 Legs <b>Notes:</b> 3 Sets of 10</p> <p>Reverse Calf Raises 2 5:39-5:41 Legs <b>Notes:</b> 3 sets of 10</p> <p>Squats 3 5:41-5:44 Legs <b>Notes:</b> 3 sets of 10</p> <p>Box Jumps 3 5:44-5:47 Legs <b>Notes:</b> 3 Sets of 10</p> <p>Jump Rope 3 5:47-5:50 Legs <b>Notes:</b> 3x</p> <p>Run to Door 3 5:50-5:53 Legs <b>Notes:</b> 3x</p> <p>Plank 2 5:53-5:55 Core <b>Notes:</b> 1 Minute</p>					
3	Free Throw Routine	5	30	5:55p-6:00p	Before Practice	120
	<b>Notes:</b> Practice free throat routine before practice starts					
4	Jogging & Stretching	10	40	6:00p-6:10p	Warm ups	110



	<b>Notes:</b> Jog 5x up and back On wall 30 Sec - Leg swings each legs - Wall Sits 90 Degrees Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - 1 Leg in 1 Out - Pigeon					
5	Dribble Routine	6	46	6:10p-6:16p	Dribbling / 1 Ball Dribbling	104
	<b>Notes:</b> 1 Ball Dribbling x2 - 10 pounds R/L - 10 Cross Between R/L - 10 Behind Back					
6	3 on 2/2 on 1	10	56	6:16p-6:26p	Transition Offense	94
	<b>Notes:</b> Engage the defender and make him step up					
7	Water	1	57	6:26p-6:27p	Break	93
	<b>Notes:</b> 1 minute to get water					
8	Close Outs	10	67	6:27p-6:37p	Defense	83
	<b>Notes:</b> Proper Close Outs - Chop Feet - Stay Low - Move Feet					
9	Rotations	12	79	6:37p-6:49p	Shell Defense	71
	<b>Notes:</b> Teach the rotations of shell. - On Ball - Deny/One pass away - Help/Two passes away					
10	Water/Free Throws	5	84	6:49p-6:54p	Break	66
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
11	3 v 3 Front cuts	15	99	6:54p-7:09p	Shell Defense	51
	<b>Notes:</b> Players can only cut from the top to encourage movement - If you get a front cut, 10 Push-ups - If you get front cut and they score 20 Push-ups					
12	Water	1	100	7:09p-7:10p	Break	50
	<b>Notes:</b> 1 minute to get water					
13	Circle Motion Shooting Drill	15	115	7:10p-7:25p	Shooting	35
	<b>Notes:</b> Practice the motion of the offense while getting shots up.					
						
14	Circle Motion Offense 5	20	135	7:25p-7:45p	Offense / Man Offense	15
	<b>Notes:</b> Circle Motion Offense					



15	Up 4	5	140	7:45p-7:50p	Rap up	10
<b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
16	Talk	5	145	7:50p-7:55p	Rap up	5
<b>Notes:</b> Discuss practice, ask for a grade, and any announcements						
17	Clean Gym	5	150	7:55p-8:00p	Rap up	0
<b>Notes:</b> 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.						