



Date & Time: Jun 05, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

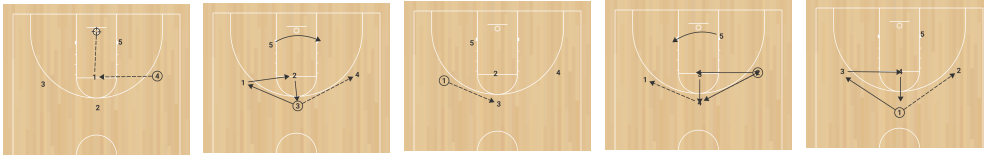
Announcements: Brave Code of Conduct needs to be signed
\$20 Jerseys for sell you need it for practice and Games in the summer

Player Attendance Report:

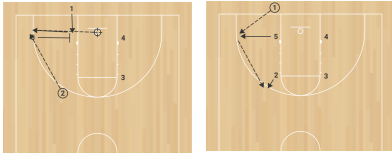
#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Weightroom	25	25	5:30p-5:55p	Weight Training	125
Split Activities:						
Group: Upper Body 1						
	Push ups			4	5:30-5:34	Upper Body
	Notes: 4 sets of 25					
	Crunches			4	5:34-5:38	Core
	Notes: 4 sets of 25					
	Russian Twists			3	5:38-5:41	Core
	Notes: 2 sets of 25					
	Shoulder Shrugs			4	5:41-5:45	Upper Body
	Notes: 2 Sets of 50					
	Bisep curls			3	5:45-5:48	Upper Body
	Notes: 4 Sets of 10					
	Trisep Curls			3	5:48-5:51	Upper Body
	Notes: 4 Sets of 10					
	Flutter Kicks			4	5:51-5:55	Core
	Notes: 4 Sets of 10					
2	Before Practice	10	35	5:55p-6:05p	Break	115
	Notes: Practice you Free Throw Routine					
3	Jogging & Stretching	10	45	6:05p-6:15p	Warm ups	105
	Notes: Jog 5x up and back On wall - Leg swings - Stretches - Touch Toes - R/L Touch Toes - Butterflies - Pigeon					
4	Duke Drill	8	53	6:15p-6:23p	Shooting	97
	Notes: 5 Minute Shooting Drill					
5	Individual Work	15	68	6:23p-6:38p	Bigs / Guards	82



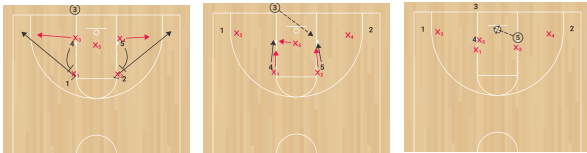
Notes: Work with Guards and Bigs on Basic Skill Development						
Split Activities:						
Group: Coach Brown/Farrar						
Dribble Routine	3	6:23-6:26	Guards			
Notes: 1 Ball Dribbling x2- 10 pounds R/L- 10 Cross Between R/L- 10 Behind Back						
Counter Pro Hops	6	6:26-6:32	Guards			
Notes: Teach them to pro hop when chest to chest						
Advantage Drill	6	6:32-6:38	Guards			
Notes: Give offense advantage over Defense						
Group: Coach Shelton/Farrar						
Miken	5	6:23-6:28	Bigs			
Notes: Keep the ball up in the air dont bring it down						
Drop Steps/Up & under (No D)	3	6:28-6:31	Bigs			
Notes: Show them the moves. How its done.						
1 v 1	7	6:31-6:38	Bigs			
Notes: Let them play against each other. Stop them to give them general instructions on how they could improve when they should use drop and when they should use a hook or an up & under. Give them General instructions on how to front the post 3/4 front preferably. show them how to wall up and not jump						
6	Water	1	69	6:38p-6:39p	Break	81
Notes: 1 minute to get water						
7	3 v 3 Front cuts	15	84	6:39p-6:54p	Shell Defense	66
Notes: 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						
8	Circle Motion Offense 5	15	99	6:54p-7:09p	Offense / Man Offense	51
Notes: Circle Motion Offense						
9	Water/Free Throws	5	104	7:09p-7:14p	Break	46
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
10	Circle	20	124	7:14p-7:34p	Offense / 2-3 Zone Offense	26
Notes: Circle Offense 5 on 0						



11	Water	1	125	7:34p-7:35p	Break	25
Notes: 1 minute to get water						
12	Pop	5	130	7:35p-7:40p	BLOB's	20
Notes: Ensure that they pop out only when they are ready, if you pop out too early, the play will break down.						



13	Zone	5	135	7:40p-7:45p	BLOB's	15
Notes: Ensure that the top guards get into their man and cut to the corner hard. As that happens, the bigs will seal the top defender in the zone and dive to the basket.						



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	Last Shot/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.						