



Date & Time: Jun 06, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Announcements: - Parent Meeting

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Leg Day 2	25	25	5:30p-5:55p	Weight Training	115
<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	110
Notes: Practice free throat routine before practice starts						
3	Jogging & Stretching	10	40	6:00p-6:10p	Warm ups	100
<p>Notes: Jog 5x up and back</p> <ul style="list-style-type: none"> - A Skips - B Skips - Butt Kicks <p>Stretches 15 sec each</p> <ul style="list-style-type: none"> - Touch Toes - R/L Touch Toes - Butterflies - Pigeon - Defense - Slides 						
4	2 Ball Dribbling	5	45	6:10p-6:15p	Dribbling / 2 Ball	95
Notes: 3 Lines 2 Ball Dribbling						



	- Pound - Alternate					
5	Wichita Drill	15	60	6:15p-6:30p	Shooting	80
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities:					
	Group: Wichita Drill					
	Rip through layups	5		6:15-6:20	Shooting	
	Notes: Flash to the the 3rd hash then flash wing step and rip through layup					
	Rip through 1 Dribble Pull up	5		6:20-6:25	Shooting	
	Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot					
	Rip through 1 behind the back	5		6:25-6:30	Shooting	
	Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot					
6	Water	1	61	6:30p-6:31p	Break	79
	Notes: 1 minute to get water					
7	Individual Work	15	76	6:31p-6:46p	Bigs / Guards	64
	Notes: Skill development session					
	Split Activities:					
	Group: Coach Brown/Farrar					
	Dribble Routine	3		6:31-6:34	Guards	
	Notes: 1 Ball Dribbling x2- 10 pounds R/L- 10 Cross Between R/L- 10 Behind Back					
	Counter Pro Hops	6		6:34-6:40	Guards	
	Notes: Teach them to pro hop when chest to chest					
	Advantage Drill	6		6:40-6:46	Guards	
	Notes: Give offense advantage over Defense					
	Group: Coach Shelton/Farrar					
	Miken	5		6:31-6:36	Bigs	
	Notes: Keep the ball up in the air dont bring it down					
	Drop Steps/Up & under (No D)	3		6:36-6:39	Bigs	
	Notes: Show them the moves. How its done.					
	1 v 1	7		6:39-6:46	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					
8	Rotations	10	86	6:46p-6:56p	Shell Defense	54
	Notes: Teach the rotations of shell.					



	- On Ball - Deny/One pass away - Help/Two passes away					
9	Water/Free Throws	5	91	6:56p-7:01p	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					
10	Circle Motion Offense 5	15	106	7:01p-7:16p	Offense / Man Offense	34
	Notes: Circle Motion Offense					
11	2 Guard	15	121	7:16p-7:31p	Offense / 1-3-1 or 3-2 Zone Offense	19
	Notes: 2 Guard Offense					
12	Pirate	5	126	7:31p-7:36p	SLOB's	14
13	Up 4	5	131	7:36p-7:41p	Rap up	9
	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	4	135	7:41p-7:45p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
15	Clean Gym	5	140	7:45p-7:50p	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.					