





Date & Time: Jun 07, 2024 5:00 PM

Name: Practice Plan

Location: Main Gym

Announcements: Monday's practice is the last one before the game on Tuesday vs. Damian. All games are at San Dimas High School in the summer.

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:00p-5:10p	Warm ups	140
<p><b>Notes:</b> Jog 5x up and back</p> <ul style="list-style-type: none"> <li>- A Skips</li> <li>- B Skips</li> <li>- Butt Kicks</li> </ul> <p>Stretches 15 sec each</p> <ul style="list-style-type: none"> <li>- Touch Toes</li> <li>- R/L Touch Toes</li> <li>- Butterflies</li> <li>- Pigeon</li> </ul> <p>Defense</p> <ul style="list-style-type: none"> <li>- Slides</li> </ul>						
2	No Babies Allowed	10	20	5:10p-5:20p	Rebounding	130
<p><b>Notes:</b> 1 person shoots Free throw then enters other 2 are boxing each other out. You play until a score then the scorer shoots the free throw.</p>						
						
3	Animal Drill	10	30	5:20p-5:30p	Toughness	120
						
4	Water	1	31	5:30p-5:31p	Break	119
<p><b>Notes:</b> 1 minute to get water</p>						
5	Free Throw Routine	5	36	5:31p-5:36p	Before Practice	114
<p><b>Notes:</b> Practice free throat routine before practice starts</p>						
6	Wing Shooting	10	46	5:36p-5:46p	Shooting	104
<p><b>Notes:</b> Make good passes</p>						
7	4 on 4 Live	18	64	5:46p-6:04p	Shell Defense	86
<p><b>Notes:</b> How to score the games</p> <ul style="list-style-type: none"> <li>- Each team scores on defensive stops.</li> <li>- If the offense scores, they switch to defense.</li> <li>- Play till one team gets seven stops.</li> <li>-if the defense gives up offensive boards, they have 5 push-ups on every offensive board.</li> </ul>						



8	Circle	15	79	6:04p-6:19p	Offense / 2-3 Zone Offense	71
<b>Notes:</b> Circle Offense						
9	Water	1	80	6:19p-6:20p	Break	70
<b>Notes:</b> 1 minute to get water						
10	Pop	5	85	6:20p-6:25p	BLOB's	65
<b>Notes:</b> Ensure that they pop out only when they are ready, if you pop out too early, the play will break down.						
11	Zone	5	90	6:25p-6:30p	BLOB's	60
<b>Notes:</b> 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.						
12	Water/Free Throws	5	95	6:30p-6:35p	Break	55
<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						
13	51 & Pressbreak 1	20	115	6:35p-6:55p	Press & Pressbreak	35
<b>Notes:</b> Install 51 Press - 1-3-1						
14	5 on 5	20	135	6:55p-7:15p	Scrimmage	15
15	Up 4	5	140	7:15p-7:20p	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	7:20p-7:25p	Rap up	5
<b>Notes:</b> Discuss practice, ask for a grade, and any announcements						
17	Clean Gym	5	150	7:25p-7:30p	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.						