



Date & Time: Jun 03, 2024 6:00 PM

Name: Tryouts

Location: Main Gym

Announcements: If you make the team a list will be posted on social media and room 215 by the tennis courts

Quote of the Day: "If you don't fall how are you going to know what getting up is like."

- Steph Curry

Defensive Emphasis: Communication

Offensive Emphasis: Attitude and Effort

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining	Notes
1	Warm up	10	10	6:00p-6:10p	Warm ups	110	Jog 5x up and back On wall - Leg swings - Stretches - Touch Toes - R/L Touch Toes - Butterflies
2	Speed Dribbling	5	15	6:10p-6:15p	Dribbling	105	As fast as you can, both R/L hands. Losing Group has a Suicide in 30 Sec
3	2 Ball Dribbling	5	20	6:15p-6:20p	Dribbling / 2 Ball	100	2 Ball Dribbling - Pound - Alternate
4	Passing	10	30	6:20p-6:30p	Passing	90	Mirror Passing Drill - Chest pass - Bounce pass
5	Half Court Lay ups	10	40	6:30p-6:40p	Lay ups	80	Making Lay ups
6	Water	1	41	6:40p-6:41p	Break	79	1 minute to get water
7	Half Court Shooting	10	51	6:41p-6:51p	Shooting	69	
8	Water	1	52	6:51p-6:52p	Break	68	1 minute to get water
9	3 v 3 v 3	20	72	6:52p-7:12p	Scrimmage	48	Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.
10	Water	1	73	7:12p-7:13p	Break	47	1 minute to get water
11	4 on 4	18	91	7:13p-7:31p	Scrimmage	29	First, the score 3 will move on to the winner's court. Score all by 1's.
12	5 on 5	19	110	7:31p-7:50p	Scrimmage	10	First, the score 3 will move on to the winner's court. Score all by 1's.
13	Talk	5	115	7:50p-7:55p	rap up	5	Talk about the tryout where the lest will be and when practice will be.
14	Last Shot/Clean Gym	5	120	7:55p-8:00p	Rap up	0	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.