



Date & Time: Jul 18, 2024 5:00 PM

Name: Practice Plan

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:00p-5:10p	Warm ups	110
	<b>Notes:</b> Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon Defense - Slides - Back Petal					
2	2 Ball Dribbling	5	15	5:10p-5:15p	Dribbling / 2 Ball	105
	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Wichita Drill	15	30	5:15p-5:30p	Shooting	90
	<b>Notes:</b> The first Team to 10 doesn't have to do push-ups					
	<b>Split Activities:</b>  <b>Group:</b> Wichita Drill  Rip through layups 5 5:15-5:20 Shooting <b>Notes:</b> Flash to the the 3rd hash then flash wing step and rip through layup  Rip through 1 Dribble Pull up 5 5:20-5:25 Shooting <b>Notes:</b> Flash to the the 3rd hash then flash wing step and rip through jump shot  Rip through 1 behind the back 5 5:25-5:30 Shooting <b>Notes:</b> Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot					
4	Pitch Shooting Drill	10	40	5:30p-5:40p		80
5	Water	1	41	5:40p-5:41p	Break	79
	<b>Notes:</b> 1 minute to get water					
6	Hedge and Recover	20	61	5:41p-6:01p	Shell Defense	59
7	Big Advantage	10	71	6:01p-6:11p		49
8	Water	1	72	6:11p-6:12p	Break	48
	<b>Notes:</b> 1 minute to get water					



9	5 on 5	38	110	6:12p-6:50p	Scrimmage	10
10	Up 4	5	115	6:50p-6:55p	Rap up	5
<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						
11	Talk	5	120	6:55p-7:00p	Rap up	0
<b>Notes:</b> Discuss practice, ask for a grade, and any announcements						