



Date & Time: Jul 30, 2024 6:00 PM

Name: Practice Plan

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	6:00p-6:10p	Warm ups	110
	Notes: 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	6:10p-6:15p	Dribbling / 2 Ball	105
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Swiss Army Ball handling	5	20	6:15p-6:20p	Dribbling	100
	Notes: The athlete starts dribbling with one ball and defensive slides back to the other bowl, then has to pick it up again and cross over the next time					
4	Quick Hands	5	25	6:20p-6:25p	Dribbling	95
	Notes: Place a cone in the middle athletes will have to dribble the basketball as soon as the coach says, go the quickest person to crossover and grab the cone wins. This works on quickness and staying balanced.					
5	High Steaks	5	30	6:25p-6:30p	Handling Pressure	90
	Notes: Offense must be able to handle pressure and not turn the ball over every turnover is a push-up					
6	Water	1	31	6:30p-6:31p	Break	89
	Notes: 1 minute to get water					
7	Pressure layups	5	36	6:31p-6:36p		84
	Notes: Offense needs to make a layup close around the bucket and be able to handle the pressure that comes with it offense needs to secure five contested laps in 30 seconds					
8	3 v 3 Hedging and Recovery	30	66	6:36p-7:06p	Defense	54
	Notes: Emphasize hedging in recovering as well as a dribble handoff switch.					
9	Water/Free Throws	5	71	7:06p-7:11p	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	Wichita Drill	15	86	7:11p-7:26p	Shooting	34
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities:					

**Group:** Wichita Drill

Rip through layups	5	7:11-7:16	Shooting
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Notes: Flash to the the 3rd hash then flash wing step and rip through layup

Rip through 1 Dribble Pull up	5	7:16-7:21	Shooting
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Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot

Rip through 1 behind the back	5	7:21-7:26	Shooting
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Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot

11	5 on 5	25	111	7:26p-7:51p	Scrimmage	9
12	Talk	5	116	7:51p-7:56p	Rap up	4
Notes: Discuss practice, ask for a grade, and any announcements						
13	Clean Gym	4	120	7:56p-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.						