



Date & Time: Aug 01, 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	1 Ball Dribbling Moving	5	20	6:15p-6:20p	Dribbling	100
	Notes: Cross behind cross behind Retreat dribbles					
4	Swiss Army Ball handling	5	25	6:20p-6:25p	Dribbling	95
	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					
5	Speed Dribbling	5	30	6:25p-6:30p	Dribbling	90
	Notes: As fast as you can, both R/L hands. Losing Group has a Suicide in 30 Sec					
6	Dribbling Routine	3	33	6:30p-6:33p	Dribbling	87
	Notes: 1 Ball Dribbling x2 - 10 pounds R/L - 10 Cross Between R/L - 10 Behind Back Tennis Ball Throw and Catch in the air.					
7	Water	1	34	6:33p-6:34p	Break	86
	Notes: 1 minute to get water					
8	Corner Closeouts	10	44	6:34p-6:44p	Defense	76
9	Wichita Drill	15	59	6:44p-6:59p	Shooting	61
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities: Group: Wichita Drill Rip through layups 5 6:44-6:49 Shooting					



Notes: Flash to the the 3rd hash then flash wing step and rip through layup

Rip through 1 Dribble Pull up 5 6:49-6:54 Shooting

Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot

Rip through 1 behind the back 5 6:54-6:59 Shooting

Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot

10	3 v 3 Hedging and Recovery	30	89	6:59p-7:29p	Defense	31
Notes: Emphasize hedging in recovering as well as a dribble handoff switch.						
11	Water	1	90	7:29p-7:30p	Break	30
Notes: 1 minute to get water						
12	3 v 3 v 3	20	110	7:30p-7:50p	Scrimmage	10
Notes: Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.						
13	Talk	5	115	7:50p-7:55p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
14	Clean Gym	5	120	7:55p-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.						