



Date & Time: Aug 10, 2024 10:30 AM

Name: Practice Plan

Location: Main Gym

Announcements: Make sure your practice jerseys are with you every single practice otherwise you run  
Make sure you are keeping up with your academics  
Three strikes policy you need to make sure to communicate with me if you are going to miss practice after the third miscommunication I will cut you from the team

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	10:30a-10:40a	Warm ups	80
	<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	10:40a-10:45a	Dribbling / 2 Ball	75
	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Duke Drill	10	25	10:45a-10:55a	Shooting	65
	<b>Notes:</b> 5 Minute Shooting Drill					
4	Water	1	26	10:55a-10:56a	Break	64
	<b>Notes:</b> 1 minute to get water					
5	2 on 2 Get Back	15	41	10:56a-11:11a	Transition Defense	49
	<b>Notes:</b> The offense is not allowed to leak out					
6	Hedge and Recover	24	65	11:11a-11:35a	Shell Defense	25
	<b>Notes:</b> 3v 3 Big is at the top					
7	3 v 3 v 3	15	80	11:35a-11:50a	Scrimmage	10
	<b>Notes:</b> Get a stop and keep scoring to keep playing. If someone stops you, they go on often and your off on defense.					
8	Talk	5	85	11:50a-11:55a	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
9	Clean Gym	5	90	11:55a-12:00p	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.					