



Date & Time: Aug 15, 2024 6:00 PM

Name: Practice

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	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	Duke Drill	8	23	6:15p-6:23p	Shooting	97
	Notes: 5 Minute Shooting Drill					
4	Water	1	24	6:23p-6:24p	Break	96
	Notes: 1 minute to get water					
5	Hedge and Recover	25	49	6:24p-6:49p	Shell Defense	71
	Notes: 3v 3 Big is at the top					
6	Water/Free Throws	5	54	6:49p-6:54p	Break	66
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
7	Circle Motion Offense	30	84	6:54p-7:24p	Offense	36
8	Water	1	85	7:24p-7:25p	Break	35
	Notes: 1 minute to get water					
9	5 on 5	20	105	7:25p-7:45p	Scrimmage	15
10	Up 4	5	110	7:45p-7:50p	Rap up	10
	Notes: 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	115	7:50p-7:55p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
12	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.						