



Date & Time: Aug 20, 2024 6:00 PM

Name: Practice

Location: Main Gym

Announcements: Gotta come

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 | 10 | 25 | 6:15p-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 | | | | | |
| 4 | Close Outs | 10 | 35 | 6:25p-6:35p | Defense | 85 |
| | Notes: Proper Close Outs - Chop Feet - Stay Low - Move Feet | | | | | |
| 5 | Water | 1 | 36 | 6:35p-6:36p | Break | 84 |
| | Notes: 1 minute to get water | | | | | |
| 6 | 4 on 4 Live | 25 | 61 | 6:36p-7:01p | Shell Defense | 59 |
| | Notes: How to score the games - Each team scores on defensive stops. - If the offense scores, they switch to defense. - Play till one team gets seven stops. -if the defense gives up offensive boards, they have 5 push-ups on every offensive board. | | | | | |
| 7 | Water/Free Throws | 5 | 66 | 7:01p-7:06p | Break | 54 |
| | Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court | | | | | |
| 8 | Zona | 25 | 91 | 7:06p-7:31p | Offense / Man Offense | 29 |
| | Notes: Go over Zona offense | | | | | |



| | | | | | | |
|--|-----------|----|-----|-------------|-----------|----|
| 9 | Water | 1 | 92 | 7:31p-7:32p | Break | 28 |
| Notes: 1 minute to get water | | | | | | |
| 10 | 5 on 5 | 15 | 107 | 7:32p-7:47p | Scrimmage | 13 |
| 11 | Up 4 | 5 | 112 | 7:47p-7:52p | Rap up | 8 |
| Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2 | | | | | | |
| 12 | Talk | 5 | 117 | 7:52p-7:57p | Rap up | 3 |
| Notes: Discuss practice, ask for a grade, and any announcements | | | | | | |
| 13 | Clean Gym | 3 | 120 | 7:57p-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. | | | | | | |