



Date & Time: Aug 22, 2024 6:00 PM

Name: Practice

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
	<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	6:10p-6:15p	Dribbling / 2 Ball	105
	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Duke Drill	8	23	6:15p-6:23p	Shooting	97
	<b>Notes:</b> 5 Minute Shooting Drill					
4	Water	1	24	6:23p-6:24p	Break	96
	<b>Notes:</b> 1 minute to get water					
5	Bull Dog	10	34	6:24p-6:34p	Rebounding	86
	<b>Notes:</b> 3 players - Got to make 2 to get out 2 Groups					
6	4 on 4 Live	30	64	6:34p-7:04p	Shell Defense	56
	<b>Notes:</b> 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	69	7:04p-7:09p	Break	51
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	Water	1	70	7:09p-7:10p	Break	50
	<b>Notes:</b> 1 minute to get water					
9	Zona	35	105	7:10p-7:45p	Offense / Man Offense	15
	<b>Notes:</b> When running this offense, it is important to make different decisions based on the scenario at hand					
10	Up 4	5	110	7:45p-7:50p	Rap up	10



<b>Notes:</b> 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
<b>Notes:</b> Discuss practice, ask for a grade, and any announcements						
12	Clean Gym	5	120	7:55p-8:00p	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.						