



Date & Time: Aug 27, 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
	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	Close Outs	10	25	6:15p-6:25p	Defense	95
	Notes: Proper Close Outs - Chop Feet - Stay Low - Move Feet					
4	Water	1	26	6:25p-6:26p	Break	94
	Notes: 1 minute to get water					
5	Circle Motion Shooting Drill	15	41	6:26p-6:41p	Shooting	79
	Notes: Practice the motion of the offense while getting shots up.					
6	Water/Free Throws	5	46	6:41p-6:46p	Break	74
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
7	Hedge and Recover	25	71	6:46p-7:11p	Shell Defense	49
	Notes: 3v 3 Big is at the top					
8	Bull Dog	10	81	7:11p-7:21p	Rebounding	39
	Notes: 3 players - Got to make 2 to get out 2 Groups					
9	Water	1	82	7:21p-7:22p	Break	38
	Notes: 1 minute to get water					
10	Zona	23	105	7:22p-7:45p	Offense / Man Offense	15



11	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						
12	Talk	5	115	7:50p-7:55p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
13	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.						