



Date & Time: Aug 29, 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	Close Outs	10	25	6:15p-6:25p	Defense	95
	<b>Notes:</b> Proper Close Outs - Chop Feet - Stay Low - Move Feet					
4	Shooting	20	45	6:25p-6:45p	Shooting	75
	<b>Notes:</b> coaches cchoice					
5	4 on 4 Live	25	70	6:45p-7:10p	Shell Defense	50
	<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.					
6	Zona	20	90	7:10p-7:30p	Offense / Man Offense	30
	<b>Notes:</b> Go over the basic Zona offense					
7	5 on 5	15	105	7:30p-7:45p	Scrimmage	15
8	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					
9	Talk	5	115	7:50p-7:55p	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
10	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.