



Date & Time: Sep 11, 2024 5:30 PM

Name: Practice

Location: Main Gym

Announcements: - Tryouts tomorrow

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:30p-5:40p	Warm ups	95
	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	5:40p-5:45p	Dribbling / 2 Ball	90
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Close Outs	10	25	5:45p-5:55p	Defense	80
	Notes: Proper Close Outs - Chop Feet - Stay Low - Move Feet					
4	Water	1	26	5:55p-5:56p	Break	79
	Notes: 1 minute to get water					
5	4 on 4 Live	25	51	5:56p-6:21p	Shell Defense	54
	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.					
6	Water/Free Throws	5	56	6:21p-6:26p	Break	49
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
7	Zona	24	80	6:26p-6:50p	Offense / Man Offense	25
	Notes: Go over the basic Zona offense					
8	BLOB Review	10	90	6:50p-7:00p	BLOB's	15
	Notes: Review BLOB Play w/ Defense					
9	Clean Gym	5	95	7:00p-7:05p	Rap up	10



	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.					
10	Talk	5	100	7:05p-7:10p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
11	Up 4	5	105	7:10p-7:15p	Rap up	0
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					