



Date & Time: Sep 16, 2024 5:15 PM

Name: Practice Plan

Location: Main Gym

Announcements: - Tryouts tomorrow

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:15p-5:25p	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	5:25p-5:30p	Dribbling / 2 Ball	105
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Duke Drill	8	23	5:30p-5:38p	Shooting	97
	Notes: 5 Minute Shooting Drill					
4	Water	1	24	5:38p-5:39p	Break	96
	Notes: 1 minute to get water					
5	4 on 4 Live	25	49	5:39p-6:04p	Shell Defense	71
	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	5x5	8	57	6:04p-6:12p	Conditioning	63
	Notes: This is five up and backs five times					
7	Water/Free Throws	5	62	6:12p-6:17p	Break	58
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	5x5 Conditioning	8	70	6:17p-6:25p	Conditioning	50
	Notes: This is five up and backs five times with 30 seconds breaks in between					
9	Water	1	71	6:25p-6:26p	Break	49
	Notes: 1 minute to get water					
10	Zona	24	95	6:26p-6:50p	Offense / Man Offense	25



	Notes: Go over the basic Zona offense					
11	BLOB Review	10	105	6:50p-7:00p	BLOB's	15
	Notes: Review BLOB Play w/ Defense					
12	Up 4	5	110	7:00p-7:05p	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					
13	Talk	5	115	7:05p-7:10p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
14	Clean Gym	5	120	7:10p-7:15p	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.					