



Date & Time: Sep 17, 2024 6:00 PM

Name: Practice

Location: Main Gym

Announcements: Practice tomorrow 3:30-5:30  
I will email you

### Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	6:00p-6:10p	Warm ups	80
	<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	75
	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	4 on 4 Live	25	40	6:15p-6:40p	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.					
4	Water	1	41	6:40p-6:41p	Break	49
	<b>Notes:</b> 1 minute to get water					
5	5x5	8	49	6:41p-6:49p	Conditioning	41
	<b>Notes:</b> This is five up and backs five times					
6	5 on 5	20	69	6:49p-7:09p	Scrimmage	21
7	Zona	20	89	7:09p-7:29p	Offense / Man Offense	1
	<b>Notes:</b> Go over the basic Zona offense					