



Date & Time: Sep 18, 2024 3:30 PM

Name: Practice

Location: Main Gym

Announcements: Getting on what's app

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	3:30p-3:40p	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	3:40p-3:45p	Dribbling / 2 Ball	105
Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers						
3	Duke Drill	8	23	3:45p-3:53p	Shooting	97
Notes: 5 Minute Shooting Drill						
4	Water	1	24	3:53p-3:54p	Break	96
Notes: 1 minute to get water						
5	4 on 4 Live	25	49	3:54p-4:19p	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	Water/Free Throws	5	54	4:19p-4:24p	Break	66
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
7	Circle	20	74	4:24p-4:44p	Offense / 2-3 Zone Offense	46
Notes: Circle Offense						



8	Water	1	75	4:44p-4:45p	Break	45
Notes: 1 minute to get water						
9	BLOB Review	15	90	4:45p-5:00p	BLOB's	30
Notes: Review BLOB Play w/ Defense						
10	SLOB Review	15	105	5:00p-5:15p	SLOB's	15
Notes: Review SLOB Play w/ Defense						
11	Up 4	5	110	5:15p-5:20p	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	5:20p-5:25p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
13	Clean Gym	5	120	5:25p-5:30p	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.						