



Date & Time: Sep 02, 2024 1:00 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	1:00p-1:10p	Warm ups	80
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	Pitch Drill	10	20	1:10p-1:20p	Shooting	70
Notes: Three pitches and three seconds to score						
3	Wichita Drill	15	35	1:20p-1:35p	Shooting	55
Notes: The first Team to 10 doesn't have to do push-ups						
Split Activities: Group: Wichita Drill Rip through layups 5 1:20-1:25 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through layup Rip through 1 Dribble Pull up 5 1:25-1:30 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot Rip through 1 behind the back 5 1:30-1:35 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot						
4	Water/Free Throws	5	40	1:35p-1:40p	Break	50
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
5	Circle Motion Shooting Drill	15	55	1:40p-1:55p	Shooting	35
Notes: Practice the motion of the offense while getting shots up.						
6	Zona Shooting Drill	15	70	1:55p-2:10p	Shooting	20
Notes: Zona reads practice						
7	Shoot and follow	5	75	2:10p-2:15p		15



8	Talk	5	80	2:15p-2:20p	Rap up	10
Notes: Discuss practice, ask for a grade, and any announcements						
9	Up 4	5	85	2:20p-2:25p	Rap up	5
Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2						
10	Clean Gym	5	90	2:25p-2:30p	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.						