



Date & Time: Sep 23, 2024 5:15 PM

Name: Practice

Location: Main Gym

Announcements: - Saturday

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	Cardinal	8	32	5:39p-5:47p	Game Days	88
6	4 on 4 Live	28	60	5:47p-6:15p	Shell Defense	60
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.						
7	Water/Free Throws	5	65	6:15p-6:20p	Break	55
Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court						
8	(5) Circle Motion Offense	20	85	6:20p-6:40p	Offense / Man Offense	35



9	Zona	20	105	6:40p-7:00p	Offense / Man Offense	15
Notes: Go over the basic Zona offense						
10	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						
11	Talk	5	115	7:05p-7:10p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
12	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.						