



Date & Time: Sep 24, 2024 3:30 PM

Name: Practice

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	3:30p-3:40p	Warm ups	
	<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	3:40p-3:45p	Dribbling / 2 Ball	
	<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Full court 1 on 1	10	25	3:45p-3:55p	Shooting	
	<b>Notes:</b> Sprint the floor					
4	4 on 4 Transition Drill	15	40	3:55p-4:10p	Transition Defense	
	<b>Notes:</b> When the offense catches the ball, the defender guarding that offensive player has to touch the baseline and then quickly get back on defense and recover communicating with his teammates.					
5	Water	1	41	4:10p-4:11p	Break	
	<b>Notes:</b> 1 minute to get water					
6	4 on 4 Live	30	71	4:11p-4:41p	Shell Defense	
	<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.					
7	Water/Free Throws	5	76	4:41p-4:46p	Break	
	<b>Notes:</b> Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	5 on 5 controlled	29	105	4:46p-5:15p	Offense	
	<b>Notes:</b> Let them play controlled					
9	Up 4	5	110	5:15p-5:20p	Rap up	
	<b>Notes:</b> Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					



10	Talk	5	115	5:20p-5:25p	Rap up	
<b>Notes:</b> Discuss practice, ask for a grade, and any announcements						
11	Clean Gym	5	120	5:25p-5:30p	Rap up	
<b>Notes:</b> 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.						