



Date & Time: Sep 26, 2024 5:15 PM

Name: Practice

Location: Main Gym

Announcements: Please finish your Google form

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:15p-5:25p	Warm ups	110
<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	5:25p-5:30p	Dribbling / 2 Ball	105
<b>Notes:</b> 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers						
3	1 v 1 Full Court	10	25	5:30p-5:40p	Defense	95
<b>Notes:</b> Pick up for court defense if the defense gets beat, you have to get off your guy and turn them.						
4	Zona Shooting Drill	10	35	5:40p-5:50p	Shooting	85
<b>Notes:</b> Zona reads practice						
5	Water	1	36	5:50p-5:51p	Break	84
<b>Notes:</b> 1 minute to get water						
6	Individual Work	15	51	5:51p-6:06p	Bigs / Guards	69
<b>Split Activities:</b>  <b>Group:</b> Brown/Farrar  Counters 5 5:51-5:56 Guards  <b>Notes:</b> Pro hop finishes  Advantage Drills 5 5:56-6:01 Guards  <b>Notes:</b> Place two cones this is gonna be a two on two drill with one offensive player going around the cone and one defensive player going around a cone with another set of offense and defense in the opposite corner  Dribbling Work 5 6:01-6:06 Guards  <b>Notes:</b> Brown's choice of dribbling work  <b>Group:</b> Shelton/Farrar						



	Drop in Drop step	5		5:51-5:56	Bigs	
	Drop in Up and Under	5		5:56-6:01	Bigs	
	Flash and Face	5		6:01-6:06	Bigs	
7	51 & Pressbreak 1	29	80	6:06p-6:35p	Press & Pressbreak	40
	<b>Notes:</b> Install 51 Press - 1-3-1					
8	Water/Free Throws	5	85	6:35p-6:40p	Break	35
	<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					
9	Water	1	86	6:40p-6:41p	Break	34
	<b>Notes:</b> 1 minute to get water					
10	5 on 5	19	105	6:41p-7:00p	Scrimmage	15
11	Up 4	5	110	7:00p-7:05p	Rap up	10
	<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					
12	Talk	5	115	7:05p-7:10p	Rap up	5
	<b>Notes:</b> Discuss practice, ask for a grade, and any announcements					
13	Clean Gym	5	120	7:10p-7:15p	Rap up	0
	<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.					