



Date & Time: Sep 28, 2024 10:30 AM

Name: Practice

Location: Main Gym

Announcements: Team Meeting

Player Attendance Report:

| # | Activity | Min | Total Min | Time | Category | Min Remaining |
|---|----------------------|-----|-----------|---------------|-------------------------------------|---------------|
| 1 | Jogging & Stretching | 10 | 10 | 10:30a-10:40a | 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 | 2 Ball Dribbling | 5 | 15 | 10:40a-10:45a | Dribbling / 2 Ball | 75 |
| Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers | | | | | | |
| 3 | Water | 1 | 16 | 10:45a-10:46a | Break | 74 |
| Notes: 1 minute to get water | | | | | | |
| 4 | 2 on 2 Get Back | 15 | 31 | 10:46a-11:01a | Transition Defense | 59 |
| Notes: The offense is not allowed to leak out | | | | | | |
| 5 | 4 on 4 Live | 25 | 56 | 11:01a-11:26a | Shell Defense | 34 |
| 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 | 2 Guard | 19 | 75 | 11:26a-11:45a | Offense / 1-3-1 or 3-2 Zone Offense | 15 |
| Notes: 2 Guard Offense | | | | | | |
| | | | | | | |
| 7 | Up 4 | 5 | 80 | 11:45a-11:50a | 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 | | | | | | |



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|--|-----------|---|----|---------------|--------|---|
| 8 | Talk | 5 | 85 | 11:50a-11:55a | Rap up | 5 |
| Notes: Discuss practice, ask for a grade, and any announcements | | | | | | |
| 9 | Clean Gym | 5 | 90 | 11:55a-12:00p | 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. | | | | | | |