



Date & Time: Sep 03, 2024 6:00 PM

Name: Practice

Location: Main Gym

Announcements: More Expectations

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	6:00p-6:10p	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	6:10p-6:15p	Dribbling / 2 Ball	105
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	Wichita Drill	15	30	6:15p-6:30p	Shooting	90
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities: Group: Wichita Drill Rip through layups 5 6:15-6:20 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through layup Rip through 1 Dribble Pull up 5 6:20-6:25 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot Rip through 1 behind the back 5 6:25-6:30 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot					
4	4 on 4 Live	30	60	6:30p-7:00p	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.					
5	Water	1	61	7:00p-7:01p	Break	59



	Notes: 1 minute to get water					
6	4 on 4 Transition Drill	10	71	7:01p-7:11p	Transition Defense	49
	Notes: 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.					
7	Water/Free Throws	5	76	7:11p-7:16p	Break	44
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
8	Zona	29	105	7:16p-7:45p	Offense / Man Offense	15
	Notes: Go over the basic Zona offense					
9	Up 4	5	110	7:45p-7:50p	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					
10	Talk	5	115	7:50p-7:55p	Rap up	5
	Notes: Discuss practice, ask for a grade, and any announcements					
11	Clean Gym	5	120	7:55p-8:00p	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.					