



Date & Time: Sep 30, 2024 5:00 PM

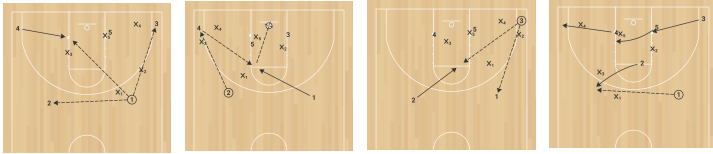
Name: Practice

Location: Main Gym

Announcements: - Brave Code of Conduct Namari and maybe Blake

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:00p-5:10p	Warm ups	125
	Notes: Jog 5x up and back - A Skips - B Skips - Butt Kicks Stretches 15 sec each - Touch Toes - R/L Touch Toes - Butterflies - Pigeon					
2	2 Ball Dribbling	5	15	5:10p-5:15p	Pound, Alternate, Wipers, V Dribbles	120
3	Duke Drill	8	23	5:15p-5:23p	Shooting	112
	Notes: 5 Minute Shooting Drill					
4	4 on 4 Transition Drill	10	33	5:23p-5:33p	Transition Defense	102
	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.					
5	Water	1	34	5:33p-5:34p	Break	101
	Notes: 1 minute to get water					
6	4 on 4 Live	25	59	5:34p-5:59p	Shell Defense	76
	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	64	5:59p-6:04p	Break	71
	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	15	79	6:04p-6:19p	Offense / Man Offense	56
9	2 Guard	15	94	6:19p-6:34p	Offense / 1-3-1 or 3-2 Zone Offense	41
	Notes: 2 Guard Offense					



10	5 on 5	26	120	6:34p-7:00p	Scrimmage	15
11	Up 4	5	125	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						
12	Talk	5	130	7:05p-7:10p	Rap up	5
Notes: Discuss practice, ask for a grade, and any announcements						
13	Clean Gym	5	135	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.						