



Date & Time: Sep 05, 2024 5:15 PM

Name: Practice

Location: Main Gym

Announcements: Get Shots up

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:15p-5:25p	Warm ups	65
	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	5:25p-5:30p	Dribbling / 2 Ball	60
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	4 on 4 Transition Drill	15	30	5:30p-5:45p	Transition Defense	45
	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.					
4	Duke Drill	8	38	5:45p-5:53p	Shooting	37
	Notes: 5 Minute Shooting Drill					
5	Wichita Drill	15	53	5:53p-6:08p	Shooting	22
	Notes: The first Team to 10 doesn't have to do push-ups					
	Split Activities: Group: Wichita Drill Rip through layups 5 5:53-5:58 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through layup Rip through 1 Dribble Pull up 5 5:58-6:03 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through jump shot Rip through 1 behind the back 5 6:03-6:08 Shooting Notes: Flash to the the 3rd hash then flash wing step and rip through behind the back jump shot					
6	Zona Offense	15	68	6:08p-6:23p		7



7	Clean Gym	7	75	6:23p-6:30p	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.						