



Date & Time: Sep 09, 2024 5:30 PM

Name: Practice Plan

Location: Main Gym

Player Attendance Report:

#	Activity	Min	Total Min	Time	Category	Min Remaining
1	Jogging & Stretching	10	10	5:30p-5:40p	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	5:40p-5:45p	Dribbling / 2 Ball	105
	Notes: 3 Lines 2 Ball Dribbling - Pound - Alternate - Wipers					
3	3 on 2/2 on 1	10	25	5:45p-5:55p	Transition Offense	95
	Notes: Engage the defender and make him step up					
4	Water	1	26	5:55p-5:56p	Break	94
	Notes: 1 minute to get water					
5	Zona Shooting Drill	15	41	5:56p-6:11p	Shooting	79
	Notes: Zona reads practice					
6	Water/Free Throws	5	46	6:11p-6:16p	Break	74
	Notes: Water Free Throws - Make 2/2 no running - Make 1/2 Up and Back - 0/2 Run around the entire 1 Court					
7	BLOB Review	15	61	6:16p-6:31p	BLOB's	59
	Notes: Review BLOB Play w/ Defense					
8	SLOB Review	15	76	6:31p-6:46p	SLOB's	44
	Notes: Review SLOB Play w/ Defense					
9	Zona	30	106	6:46p-7:16p	Offense / Man Offense	14
	Notes: Go over the basic Zona offense					
10	Up 4	5	111	7:16p-7:21p	Rap up	9
	Notes: Everyone shoots a free throw the goal is to be +1 or better - Make a free throw +1 - Miss a free throw -2					
11	Talk	5	116	7:21p-7:26p	Rap up	4
	Notes: Discuss practice, ask for a grade, and any announcements					



12	Clean Gym	4	120	7:26p-7:30p	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.						