



# Gold Crown Foundation

Practice Plan

Date & Time: Jan 01, 2030 12:00 AM

Name: Week 1

Location: Gold Crown Field House

#	Activity	Min	Time	Category	Min Remaining
1	Warmup <b>Notes:</b> Dynamic Warm up	8	0:00 - 0:08	Warmup	47
2	Huddle <b>Notes:</b> Quote of the Day rotates from each player.	2	0:08 - 0:10	Huddle	45
3	Stationery Ball Handling <b>Notes:</b> Stationery ball handling. Can line up on baseline or in a big circle. Waist, Down low, Pounds, C/O, 1-2 C/O	4	0:10 - 0:14	Ball Handling	41
4	Stationery Partner Passing <b>Notes:</b> 40 Total: Partner and 2 balls. 10 R hand air, 10 R hand bounce, 10 L hand air, 10 L hand bounce. Can make competitive.	4	0:14 - 0:18	Passing	37
5	Form Shooting Demo <b>Notes:</b> Middle finger last to touch ball and towards center of the rim.	2	0:18 - 0:20	Shooting	35
6	5 Spot Shooting <b>Notes:</b> Groups of 2: make 5 mid-range, 5 pull-ups, 5 3's. 2 people and one ball. Groups of 3, 2 balls.	8	0:20 - 0:28	Shooting	27
7	Zig Zag to 1/2 ct. <b>Notes:</b> Slide SL to VB line in back court, watch angles and drop hand to take away crossover. Head on ball. No heels clicking.	8	0:28 - 0:36	Defense	19
8	Mini-Games <b>Notes:</b> 6 minutes on clock	16	0:36 - 0:52	Scrimmage	3
9	Huddle <b>Notes:</b> Clap it up and open it up to the whole circle for practice feedback. What worked well, what can we improve on for the next practice. Assistant Coach announces the practice player of the day and teammates praise her. Head Coach closes with announcements.	3	0:52 - 0:55	Huddle	0