



Gold Crown Foundation

Practice Plan

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

Name: Week 2

Location: Gold Crown Field House

| # | Activity | Min | Time | Category | Min Remaining |
|---|---|-----|-------------|---------------|---------------|
| 1 | Warmup Notes: Dynamic Warm up | 8 | 0:00 - 0:08 | Warmup | 53 |
| 2 | Huddle Notes: Quote of the Day rotates from each player. | 2 | 0:08 - 0:10 | Huddle | 51 |
| 3 | Ball Handling on the Move Notes: Start on the baseline and to the right: C/O, B/T legs, Behind back, Quick move when presenting ball. | 8 | 0:10 - 0:18 | Ball Handling | 43 |
| 4 | Passing on the Move Notes: Partner and 2 balls. One is air pass, other is bounce. Slides/Running to half court. Switch roles. | 8 | 0:18 - 0:26 | Passing | 35 |
| 5 | 2 line shooting Notes: To start coaches at elbows. Player passes to coach and coach passes back at 3 point line and player rips BL for: Layup/Pullup/3. Alternate both sides. Then Coaches move to 3 point line and players in the middle, Repeat same shots downhill. | 8 | 0:26 - 0:34 | Shooting | 27 |
| 6 | Closeouts on the Wing Notes: Toss to the wing. Players closes out chopping feet and hips down. Limit middle drives. 1st take away rhythm shot with L hand contest on R hand shooter. Angles are important. Defender should be arms length away from a live ball handler. | 8 | 0:34 - 0:42 | Closeouts | 19 |
| 7 | Mini-Games Notes: 6 minutes on clock | 16 | 0:42 - 0:58 | Scrimmage | 3 |
| 8 | Huddle Notes: 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 | 0:58 - 1:01 | Huddle | 0 |