



# Gold Crown Foundation

Practice Plan

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

Name: Week 3

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	53
2	Huddle <b>Notes:</b> Quote of the Day rotates from each player.	2	0:08 - 0:10	Huddle	51
3	Mirror ball handling <b>Notes:</b> Players line up on BL facing each other. Player who is facing 1/2 court is the leader and the person retreating is trying to mirror her moves as close as possible. Once they get to 1/2 court the person facing BL is the leader now. Can make competitive and encourage creativity.	3	0:10 - 0:13	Ball Handling	48
4	Post Feeds <b>Notes:</b> Coaches on the blocks. Player passes around the D. Can put dummy D or a trash can in front of passer. Wrap around bounce or air pass and then re-locate for a shot. Both sides alternating. Add 3's with older group.	8	0:13 - 0:21	Post Feeds	40
5	3 Ways to Finish <b>Notes:</b> 1) Power layup with shot-fake 2) Pro-Clear 3) Cross-over finish on opposite side	8	0:21 - 0:29	Finishing	32
6	Closeouts in the Center <b>Notes:</b> Square feet in the middle of the floor. Take away rhythm shot first and then arms length away on live ball.	8	0:29 - 0:37	Closeouts	24
7	Mini-Games <b>Notes:</b> 6 minutes on clock	16	0:37 - 0:53	Scrimmage	8
8	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	0:53 - 0:56	Huddle	5