



Gold Crown Foundation

Practice Plan

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

Name: Week 4

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 Cone Series Notes: cross-over, bt legs, behind back, players choice. Pass to coach and get ball back and rip BL for layup/PUJ	8	0:10 - 0:18	FC ball handling	43
4	Back Door Cuts Notes: Players on wing and pass to coach up top then plant and go for the BD cut and finish. Must commit to BD cut, no dancing.	8	0:18 - 0:26	Cutting	35
5	Pen and Pitch Notes: 3 players, 1 ball. First player drives and can pitch it to either open player then they relocate outside the 3, 2nd player drives it and pitches it to the 3rd player who drives it and can kick to either open one who will then take a shot. Eyes up, relocate quickly, and shot ready on perimeter.	8	0:26 - 0:34	Shooting	27
6	When you get Beat Notes: Foot work if player gets beat on top/down pen to take that extra sprint step and beat O to the spot and square them off.	8	0:34 - 0:42	Defense	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