

FLEX Day 5 - September 30, 2025		
Missing Practice:		
Late From Class:		
Early For Class:		
Injuries:		
Notes: ATTD!!!!!!		
Red	White	Grey
Kaeli, Nestor, Age, Megan, Alex, Sam, Cadence, Sarah, Charli	Mariah, Katie, Bella, Kayla, Jackie, Brooke, Sophie, Jo, Abby, Emma	
6:00 - 6:05 (5)	Four Man Closeouts Offense spins ball, footwork, triple threat	
6:05 - 6:15 (10)	5v5 Shell	
6:15 - 6:23 (8)	4v4 Ball Screen	
6:23 - 6:31 (8)	4v4 Handoff	
6:31 - 6:37 (6)	Drive, Kick, Relocate	
6:37 - 6:40 (3)	FT's/Drink - 4 FTs	
6:40 - 6:42 (2)	CBA	
6:42 - 6:50 (8)	4v4 Back Screen	
6:50 - 6:58 (8)	4v4 Flare Screen	
6:58 - 7:05 (7)	30 Seconds Perfect Defense	
7:05 - 7:07 (2)	FT's/Drink - 2 FTs	
7:07 - 7:14 (7)	Double Circle Transition	
7:14 - 7:23 (7)	Stags (Nail & Get Back)	
7:23 - 7:30 (7)	Stags --> Transition	
7:30 - 7:36 (6)	Baseline Drive to 45 & Rise	
7:36 - 7:38 (2)	FT's/Drink - 2 FTs	
7:38 - 7:48 (10)	Stop, Score, Stop	
7:48 - 7:53 (5)	23-18-23-18-23	
7:53 - 8:00 (7)	Conditioning	