

TEAM:





DATE:

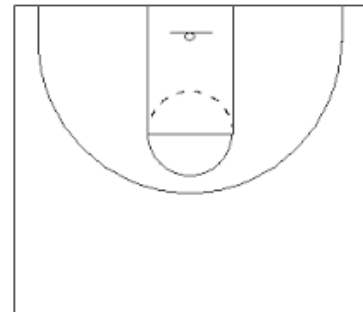
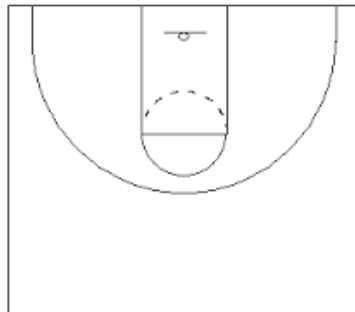
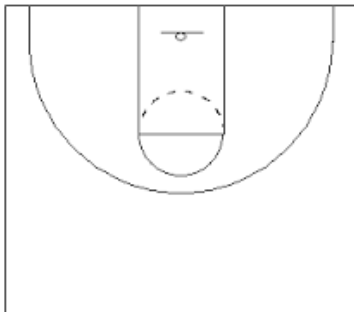
GOALS:

SESSION 1

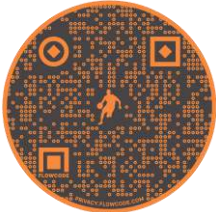

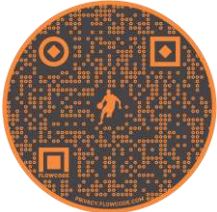

SUGGESTED PRACTICE TIME (50-60 MIN)

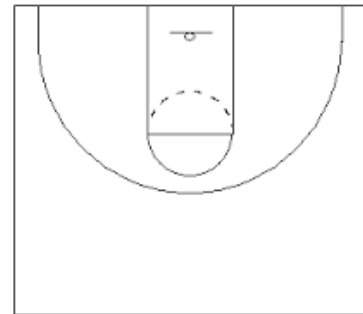
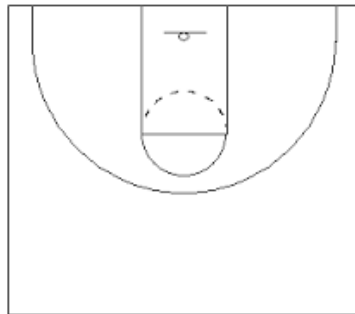
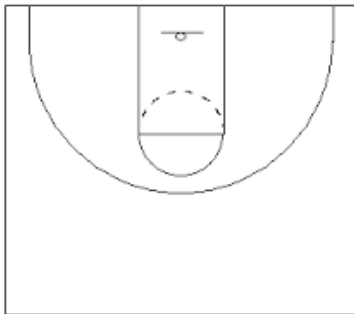
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BALL- HANDLING SERIES	PARTNER PASS & PIVOT
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL/GROUP
EQUIPMENT	N/A	2 BALLS	1 BALL PER PLAYER	1 BALL
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	STATIONARY TO MOVING, FULL OR HALF COURT	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	CHANGE OF PACE CHASEDOWN	FORM LINE SHOOTING	SPOT SHOOTING	DEFENSIVE SLIDE SQUARE DRILL
PLAYERS	INDIVIDUAL	PAIRS	PAIRS	INDIVIDUAL
EQUIPMENT	1 BALL EACH	1 BALL PER PAIR	1 BALL PER PAIR	N/A
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	FULL SEQUENCE FOR TIME OR REPS	5 SPOTS FOR MAKES, TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



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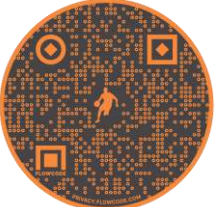
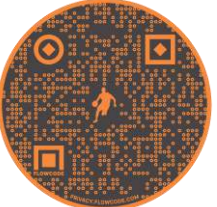
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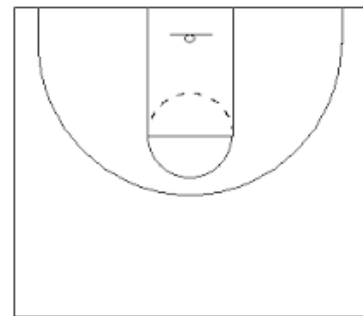
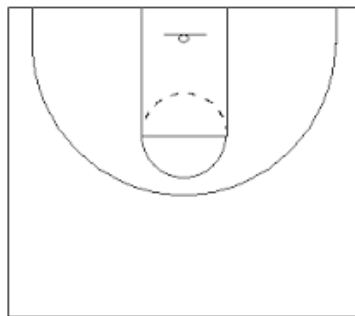
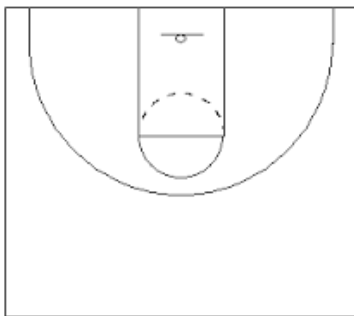
GOALS:

SESSION 2

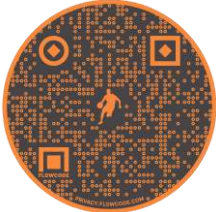

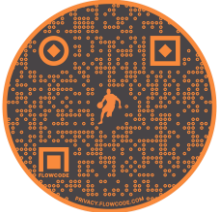

SUGGESTED PRACTICE TIME (50-60 MIN)

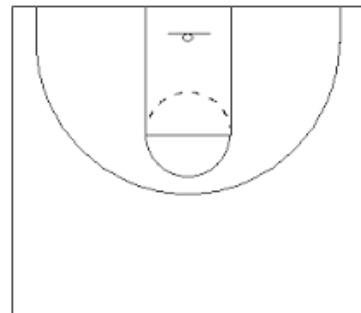
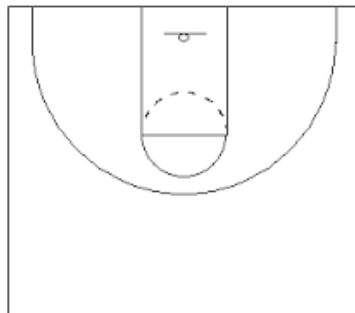
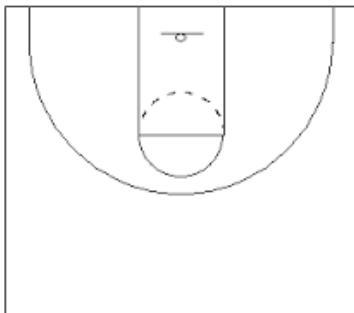
LEVEL: **BEGINNER**

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	STATIONARY BALL- HANDLING SERIES	THE PARROT DRILL
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	PAIRS
EQUIPMENT	N/A	2 BALLS	1 BALL PER PLAYER	1 BALL PER PAIR
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR REPS	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	LATERAL QUICKNESS BUILDER	THE MIRROR DRILL	3-5 SECOND BOX OUT DRILL	GIVE AND GO SHOOTING
PLAYERS	INDIVIDUAL	PAIRS	PAIRS	INDIVIDUAL
EQUIPMENT	LADDER OPTIONAL	CONES OPTIONAL, 1 BALL PER PAIR	1 BALL	1 BALL PER PLAYER, CONES OPTIONAL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, FULL OR HALF COURT FOR TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS, OPTION TO ADD PLAYERS	FULL SEQUENCE FOR TIME OR MAKES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



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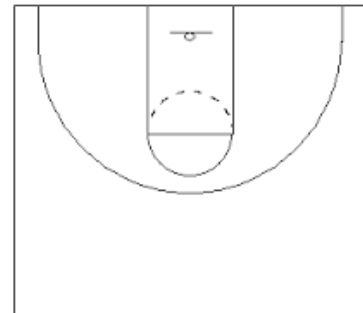
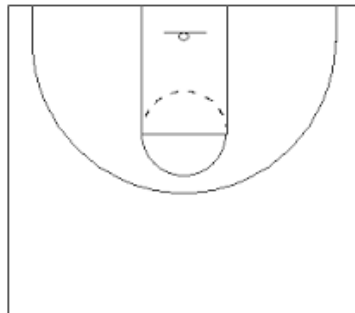
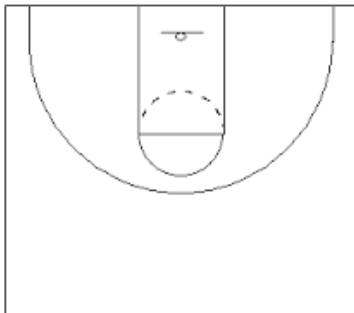
GOALS:

SESSION 3

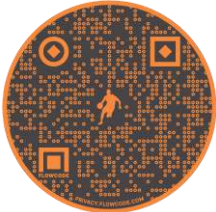
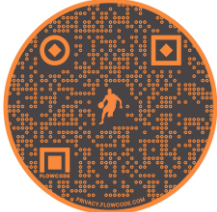
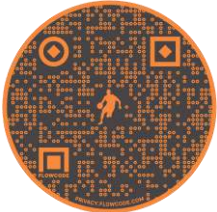
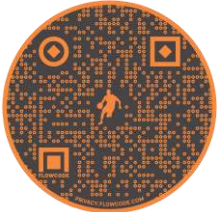
SUGGESTED PRACTICE TIME (50-60 MIN)

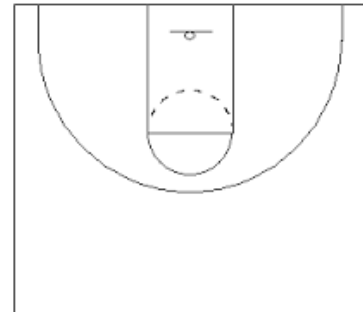
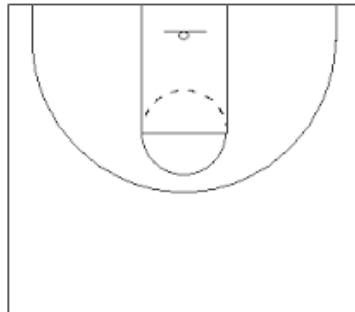
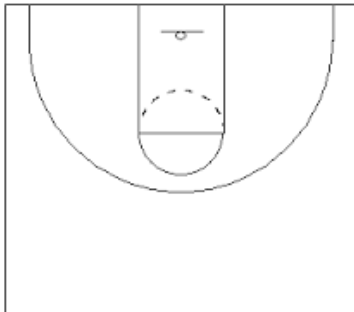
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	POWER LAYUPS	CHAIR CROSSOVERS
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	2 BALLS	1 BALL PER PLAYER, CHAIRS, CONES, OR CANS CAN ACT AS DEFENSE
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	2 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	THE MIRROR DRILL	FOLLOWING YOUR SHOT	DRIBBLE PULL UP SHOOTING	SLIDE - PEDAL CHARGE DRILL
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	1 BALL PER PLAYER	1 BALL PER PLAYER	N/A
RUN TIME	FULL SEQUENCE FOR TIME, FULL OR HALF COURT ZIG ZAG OPTION	SHOOT FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



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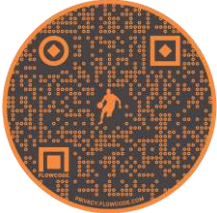
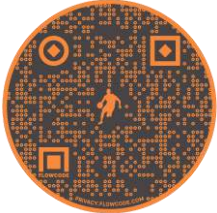
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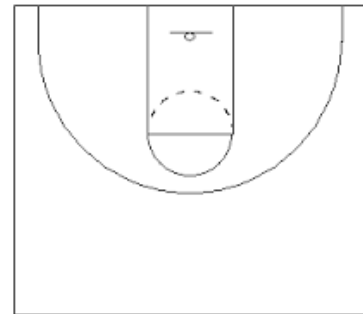
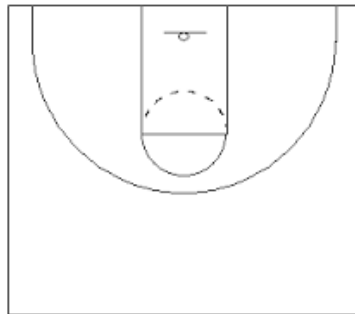
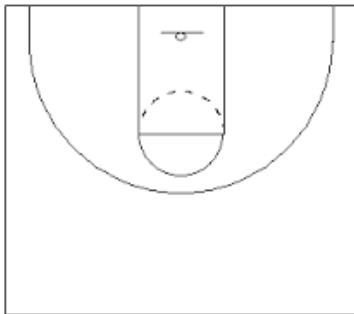
GOALS:

SESSION 4

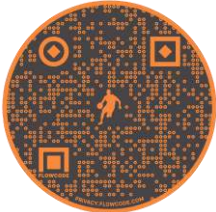
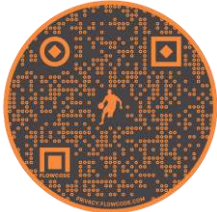
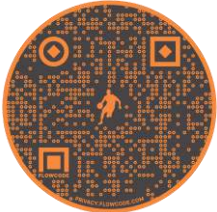
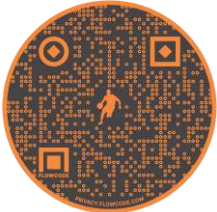
SUGGESTED PRACTICE TIME (50-60 MIN)

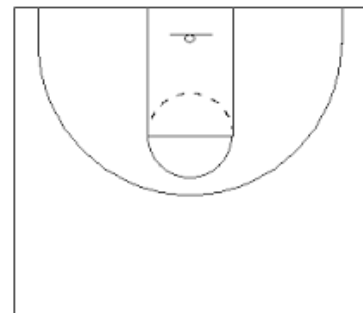
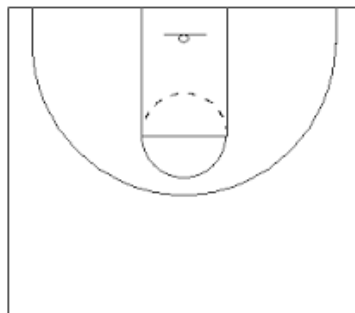
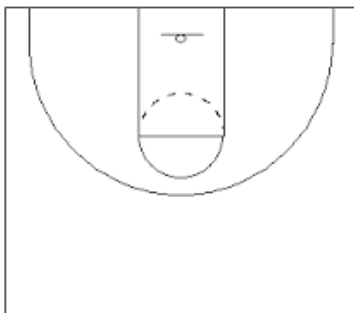
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	THE MIKAN DRILL	THE PARROT DRILL
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	PAIRS
EQUIPMENT	N/A	2 BALLS	1 BALL PER PAIR	1 BALL PER PAIR
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES, ROTATE PAIRS	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	SHOT FAKES, JAB STEPS, CROSS STEPS	SHOT FAKES, JAB STEPS, CROSS STEPS	LEVEL 1: SHOOTING OFF THE DRIBBLE	FREE THROW SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES	1 BALL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALF COURT OPTION	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALF COURT OPTION	FULL SEQUENCE FOR TIME, MAKES OR REPS	FULL SEQUENCE OF REBOUNDING SKILLS OR ROUND ROBIN SHOOTING
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



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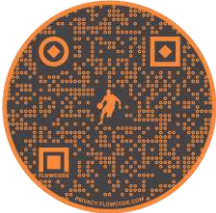

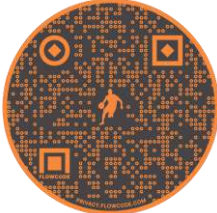
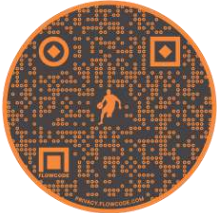
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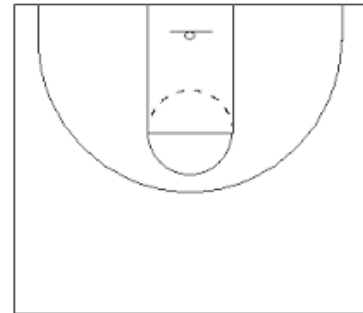
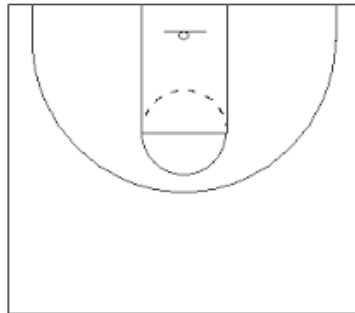
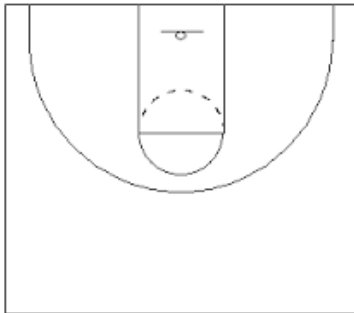
GOALS:

SESSION 5




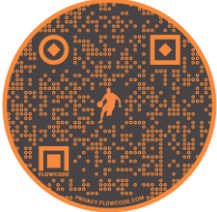
SUGGESTED PRACTICE TIME (50-60 MIN)

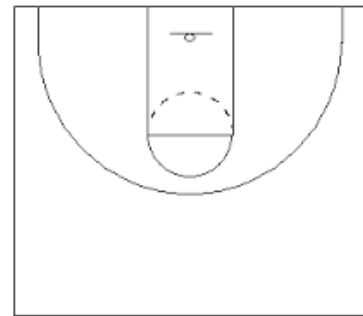
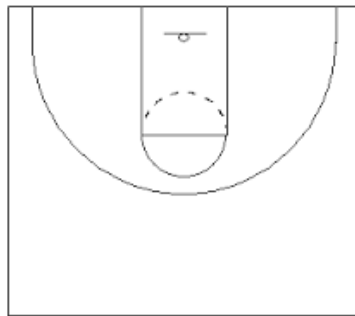
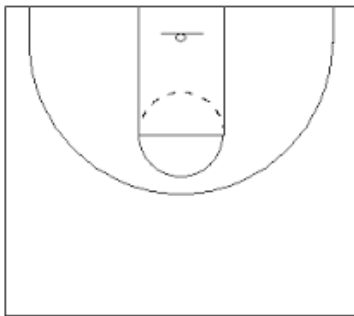
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BALL- HANDLING SERIES	TENNIS BALL DRAG RACE
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	PAIRS
EQUIPMENT	N/A	2 BALLS	1 BALL PER PLAYER	TENNIS BALL
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	STATIONARY TO MOVING, FULL OR HALF COURT	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	CHANGE OF PACE CHASE DOWN	SPOT SHOOTING	LATERAL QUICKNESS BUILDER	HOW TO CLOSE OUT
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL/ OFFENSE OPTIONAL
EQUIPMENT	1 BALL EACH	1 BALL PER PLAYER	LADDER OPTIONAL	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 SPOTS FOR MAKES, TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, ADD OFFENSE TO PROGRESS
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



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