

TEAM:

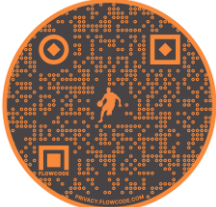
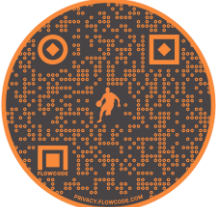
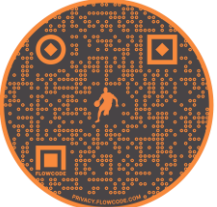
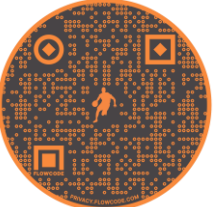
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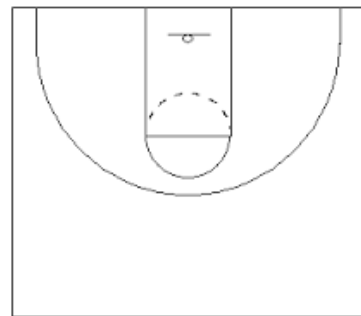
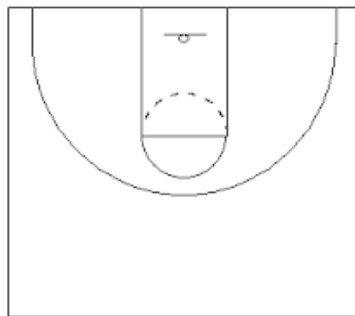
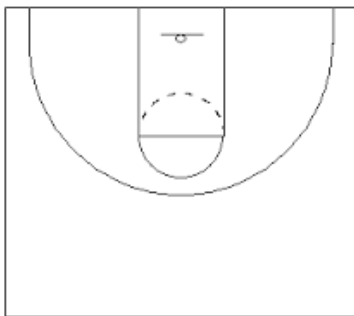
GOALS:

SESSION 1

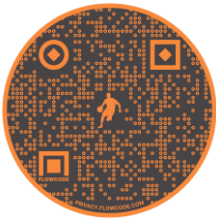
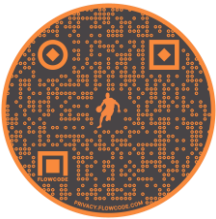
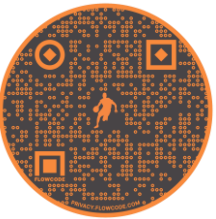
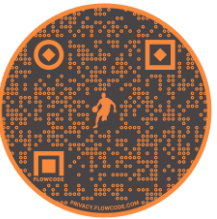
SUGGESTED PRACTICE TIME (75-90 MIN)

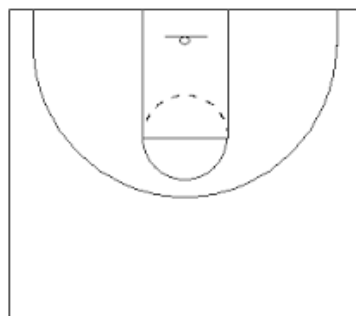
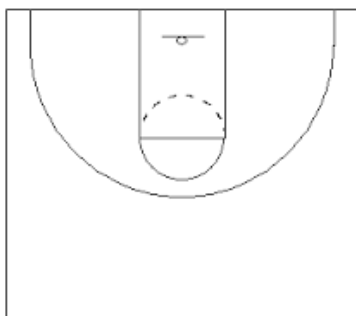
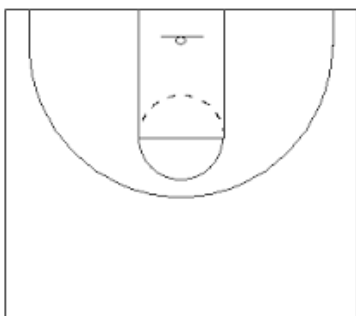
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	2 BALL PARTNER DRIBBLING	CHANGE OF PACE CHASEDOWN
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	1 BALL EACH	1 BALL EACH
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR COMPLETION	FULL SEQUENCE, FULL OR HALF COURT
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>

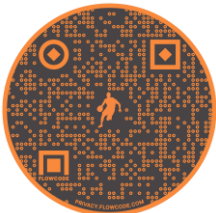
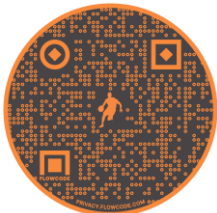
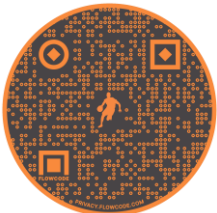
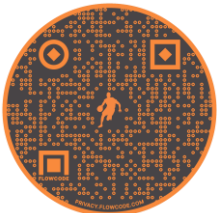


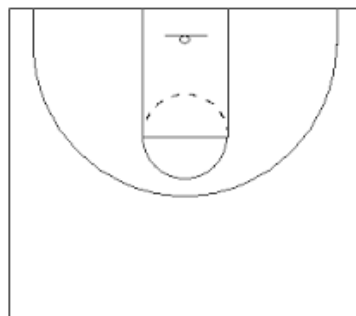
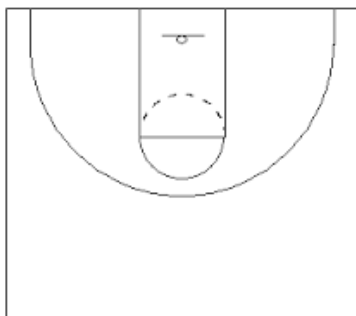
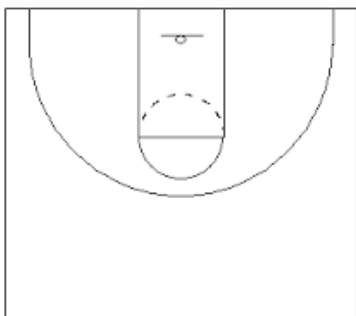
NOTES:

SKILLS & DRILLS	HOP FORM SHOOTING	SPOT SHOOTING	DEFENSIVE SLIDE SQUARE DRILL	HOW TO CLOSE OUT
PLAYERS	PAIRS	PAIRS	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	1 BALL PER PAIR	N/A	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY
RUN TIME	2, 4,, 6, 8, 10 HOPS, OR MAKES	5 SPOTS FOR MAKES, TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, ADD OFFENSE TO PROGRESS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

SKILLS & DRILLS	ENTRY PASSES FOR GUARDS AND POSTS	OFFENSIVE CUTS	RELOCATION SHOOTING	FREE THROW SERIES
PLAYERS	POST & GUARD PAIRS	INDIVIDUAL	POST AND GUARD PAIRS	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	1 BALL PER PAIR	1 BALL EACH	1 BALL PER PAIR	1 BALL
RUN TIME	FULL SEQUENCE OF PASSES, FOR TIME OR MAKES	FULL SEQUENCE OF CUTS, FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE OF REBOUNDING SKILLS, FOR TIME OR MAKES
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

TEAM:

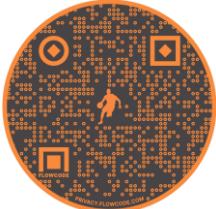
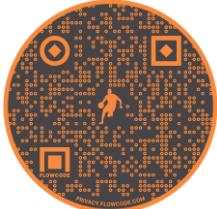
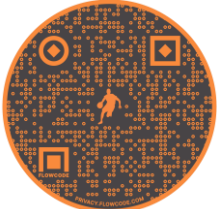
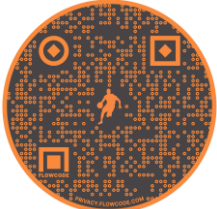
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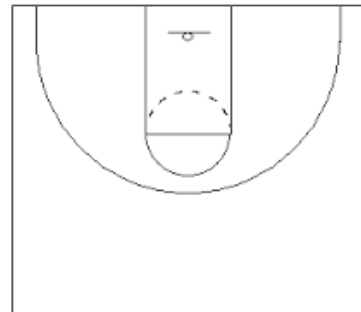
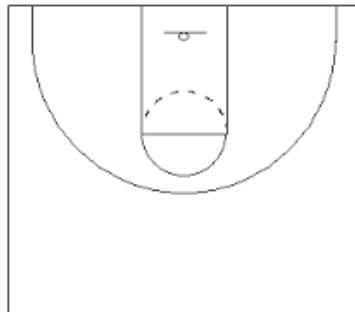
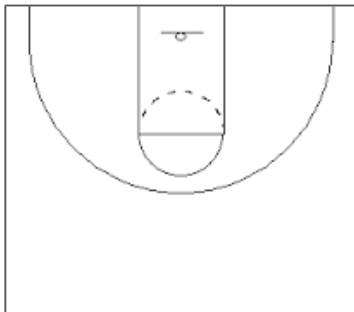
GOALS:

SESSION 2

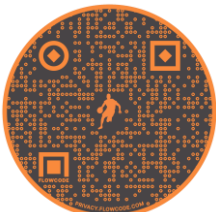
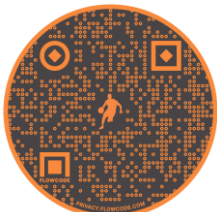
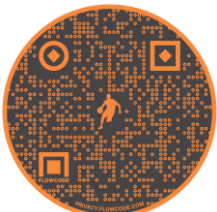
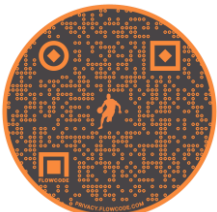
SUGGESTED PRACTICE TIME (75-90 MIN)

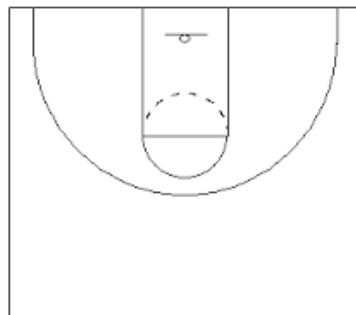
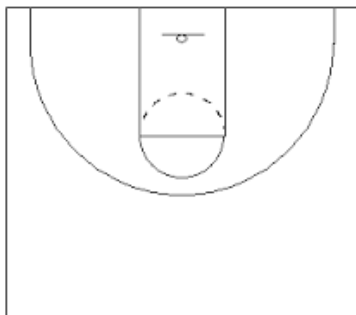
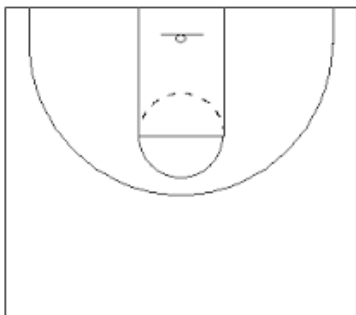
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	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	STATIONARY TO MOVING, FULL OR HALF COURT	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>



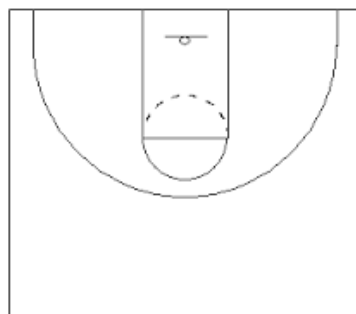
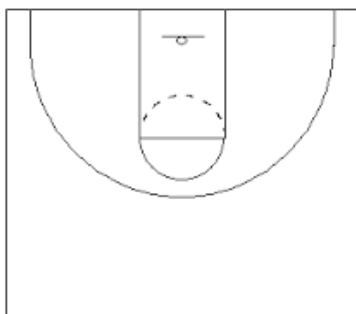
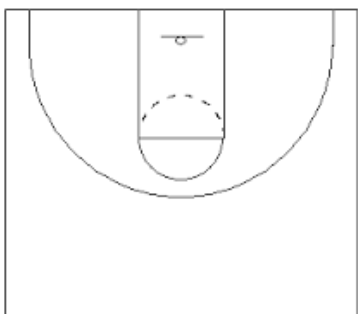
NOTES:

SKILLS & DRILLS	LATERAL QUICKNESS BUILDER	THE MIRROR DRILL	3-5 SECOND BOX OUT DRILL	REBOUND DRILL WITH OUTLET PASS
PLAYERS	INDIVIDUAL	PAIRS	PAIRS	INDIVIDUAL + NECESSARY POSITION PLAYERS
EQUIPMENT	LADDER OPTIONAL	CONES OPTIONAL, 1 BALL PER PAIR	1 BALL	1 BALL
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 REPS, FULL OR HALFCOURT
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

SKILLS & DRILLS	UP & BACK SHOOTING	GIVE AND GO SHOOTING	OFFENSIVE CUTS	SLIDE - PEDAL CHARGE DRILL
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	2 BALLS, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	N/A
RUN TIME	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME, MAKES, REPS	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

TEAM:

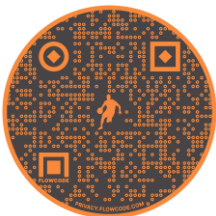
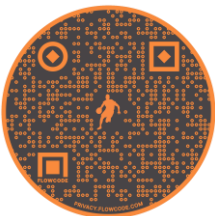
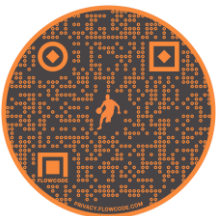
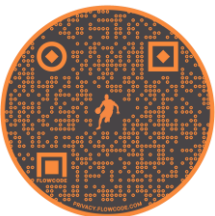
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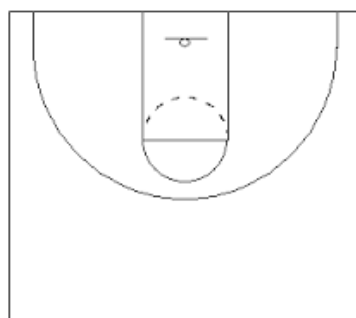
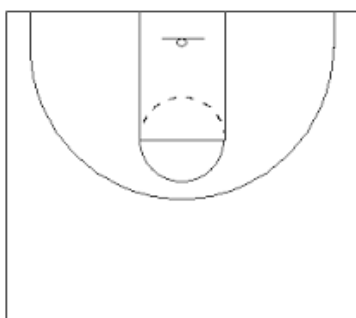
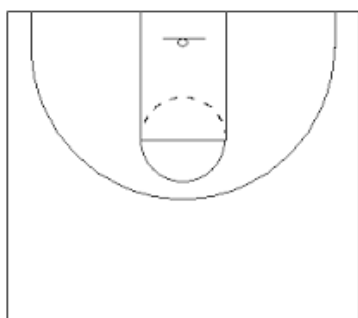
GOALS:

SESSION 3

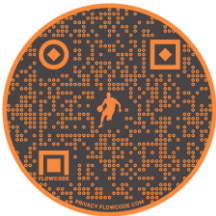
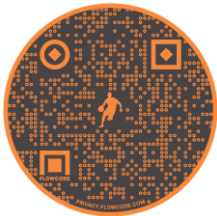
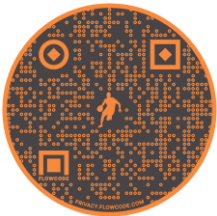
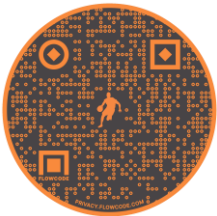
SUGGESTED PRACTICE TIME (75-90 MIN)

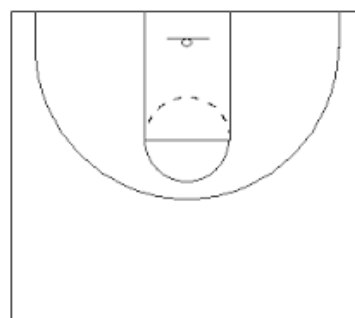
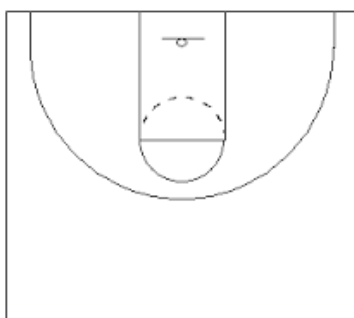
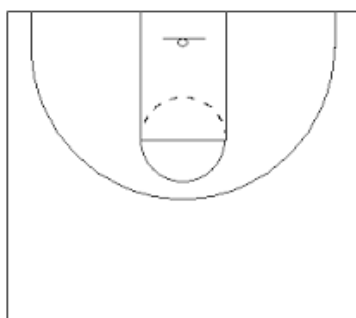
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BLOCK TO BLOCK FINISHING	TIM HARDAWAY CROSSOVER DRIBBLING SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	2 BALLS PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE, STATIONARY & MOVING, FULL OR HALF COURT OPTION
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>

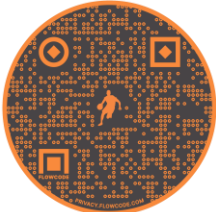
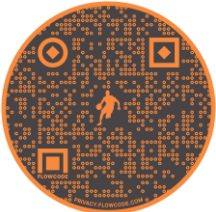
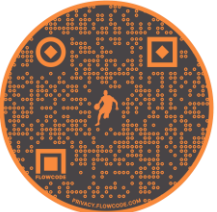
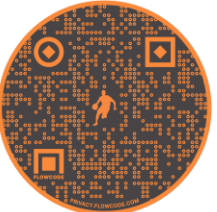


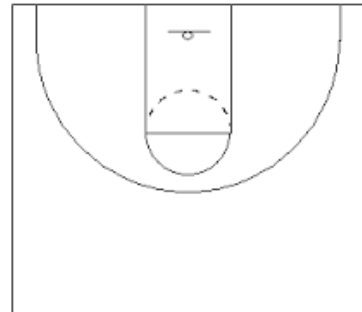
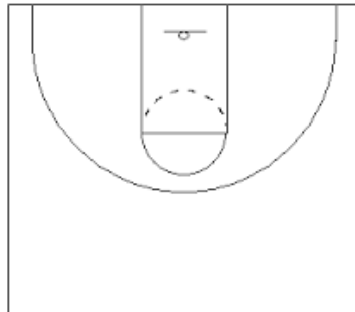
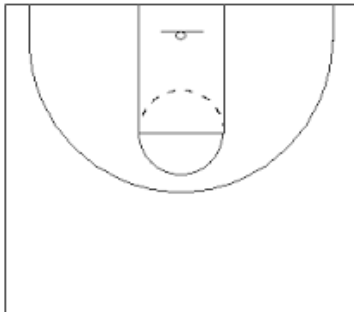
NOTES:

SKILLS & DRILLS	THE BOX DRILL FOR POSTS	COMBO MOVES FACING THE BASKET (GUARDS)	THE MIRROR DRILL	DRIBBLE PULL UP SHOOTING
PLAYERS	POST PLAYERS (SPLIT GUARDS & POSTS)	GUARDS (SPLIT GUARDS & POSTS)	PAIRS	INDIVIDUAL
EQUIPMENT	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME, FULL OR HALF COURT ZIG ZAG OPTION	FULL SEQUENCE FOR TIME OR MAKES
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

SKILLS & DRILLS	FOLLOWING YOUR SHOT	SLIDE - BACKPEDAL SQUARE DRILL	HOW TO SET A SCREEN	HOW TO DEFEND A SCREEN
PLAYERS	INDIVIDUAL	INDIVIDUAL	OFFENSE/ DEFENSE	OFFENSE/ DEFENSE
EQUIPMENT	1 BALL PER PLAYER	CONES/MARKERS	1 BALL	1 BALL
RUN TIME	SHOOT FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS	REVIEW & RUN ON LEFT/RIGHT SIDES FOR TIME OR REPS	REVIEW & RUN ON LEFT/RIGHT SIDES FOR TIME OR REPS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

TEAM:

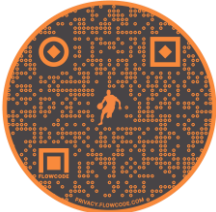
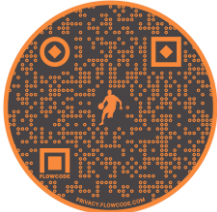
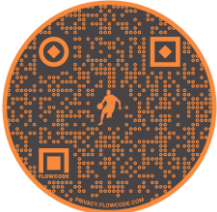
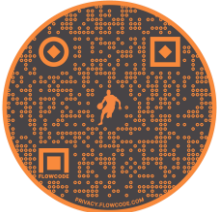
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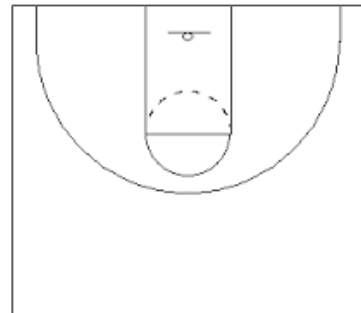
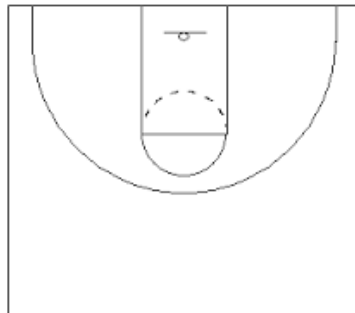
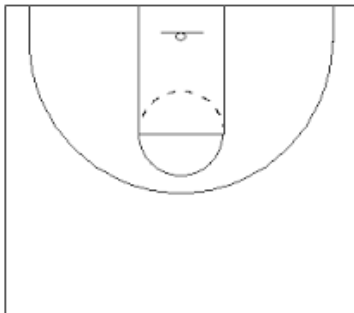
GOALS:

SESSION 4

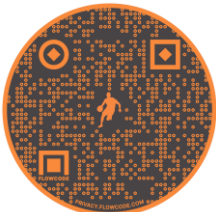
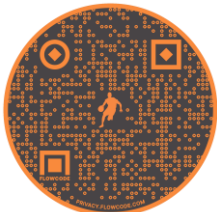
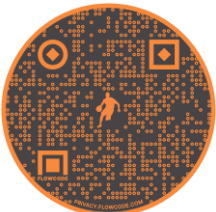
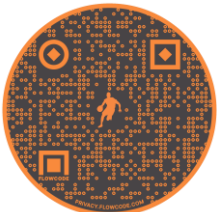
SUGGESTED PRACTICE TIME (75-90 MIN)

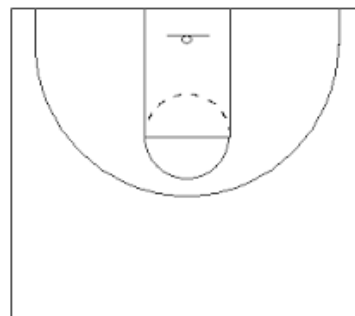
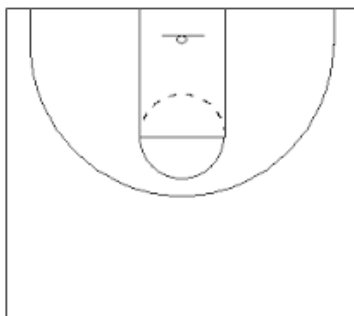
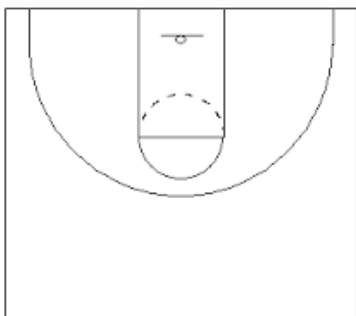
LEVEL: INTERMEDIATE

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>

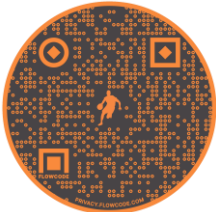
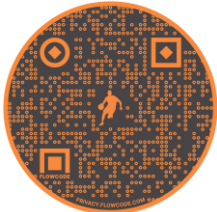
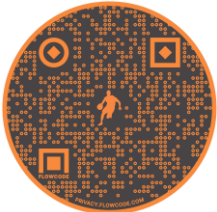
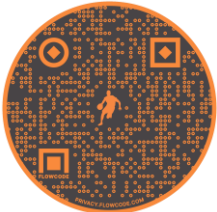


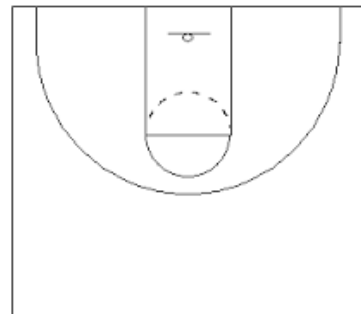
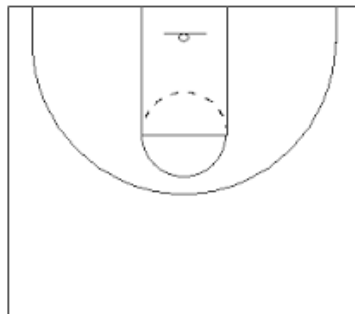
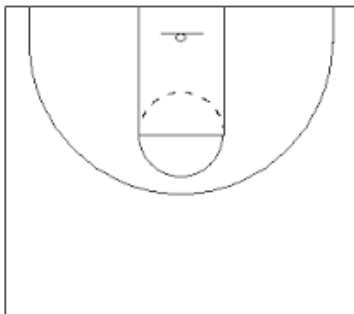
NOTES:

SKILLS & DRILLS	THE PARROT DRILL	TIGHT DRIBBLING SERIES	CURL PROGRESSION DRILL	UP & BACK SHOOTING
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	1 BALL PER PLAYER, CONES	2-3 BALLS IN LINE	2 BALLS, CONES OPTIONAL
RUN TIME	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR TIME, MAKES OR REPS	FULL SEQUENCE FOR TIME OR MAKES
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

SKILLS & DRILLS	ENTRY PASSES FOR GUARDS AND POSTS	OFFENSIVE CUTS	HOW TO TAKE A CHARGE	FREE THROW SERIES
PLAYERS	OFFENSE/DEFENSE	INDIVIDUAL, DEFENSE OPTIONAL	OFFENSE/DEFENSE	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	1 BALL	1 BALL EACH	1 BALL	1 BALL
RUN TIME	FULL SEQUENCE OF PASSES, FOR TIME OR MAKES	FULL SEQUENCE OF CUTS, FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE OF REBOUNDING SKILLS, FOR TIME OR MAKES
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

TEAM:

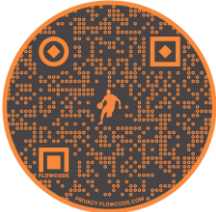
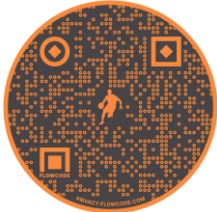
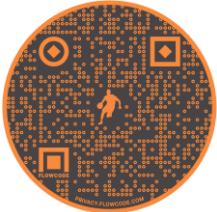
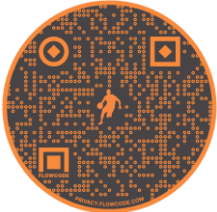
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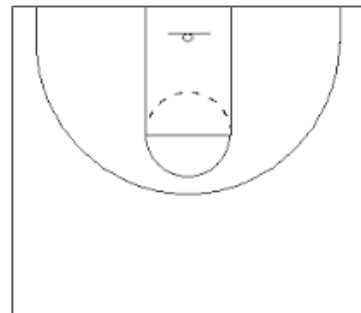
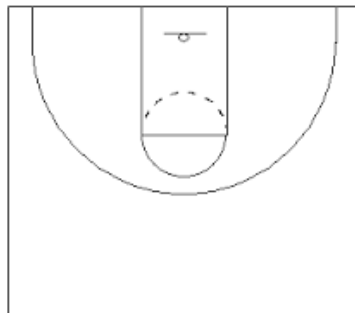
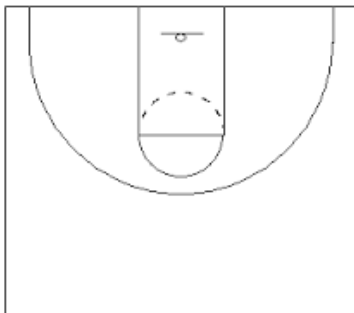
GOALS:

SESSION 5

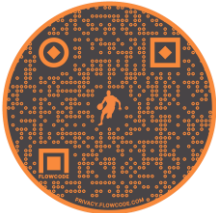
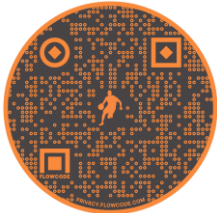
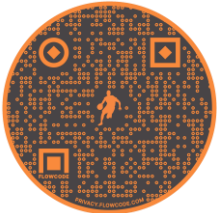
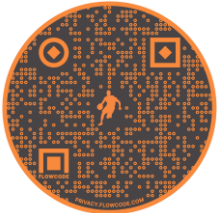
SUGGESTED PRACTICE TIME (75-90 MIN)

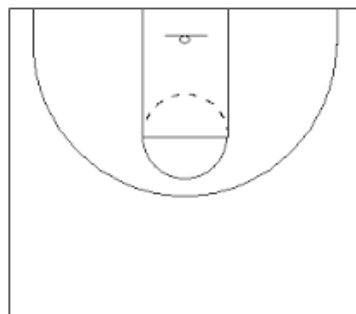
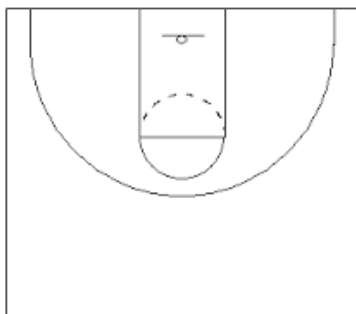
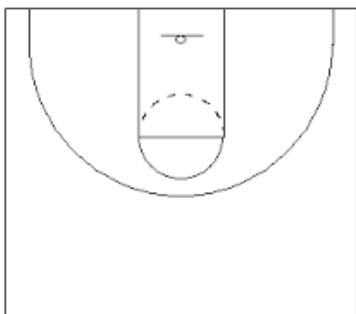
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	THE MIKAN DRILL	BALL MANIPULATION SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	1 BALL PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES, ROTATE PAIRS	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>

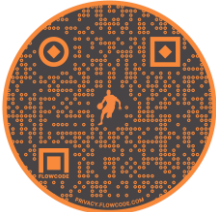
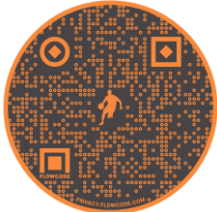
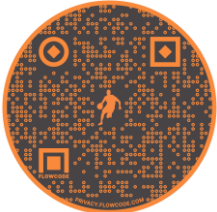
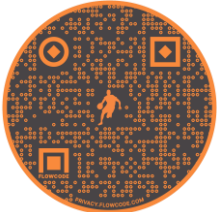


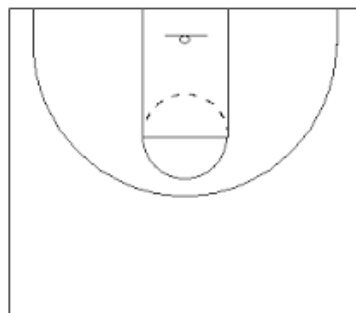
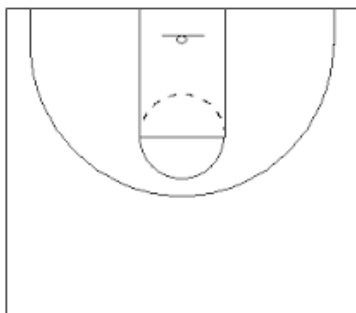
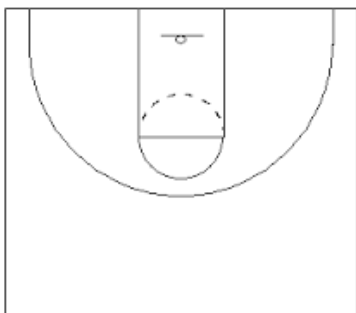
NOTES:

SKILLS & DRILLS	TWO BALL PARTNER DRIBBLING	CHANGE OF PACE CHASE DOWN	SPOT SHOOTING	GIVE AND GO SHOOTING
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	2 BALLS PER PAIR	1 BALL EACH	1 BALL PER PLAYER	1 BALL PER PLAYER, CONES OPTIONAL
RUN TIME	FULL SEQUENCE FOR TIME OR COMPLETION	FULL SEQUENCE, FULL OR HALF COURT	5 SPOTS FOR MAKES, TIME OR REPS	FULL SEQUENCE FOR TIME OR MAKES
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES:

SKILLS & DRILLS	SLIDE - PEDAL CHARGE DRILL	LATERAL QUICKNESS BUILDER	HOW TO CLOSE OUT	HOW TO READ THE DEFENSE
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL/ OFFENSE OPTIONAL	INDIVIDUAL
EQUIPMENT	N/A	LADDER OPTIONAL	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, ADD OFFENSE TO PROGRESS	FULL SEQUENCE FOR TIME, MAKES OR REPS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



NOTES: