

TEAM:

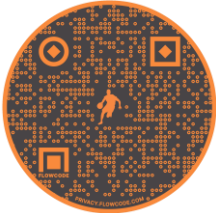
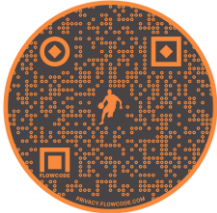
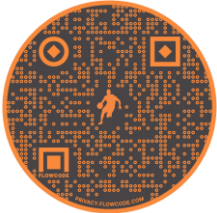
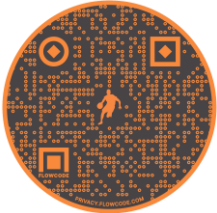
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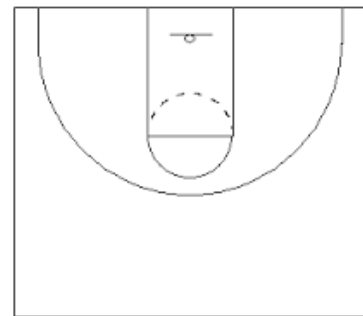
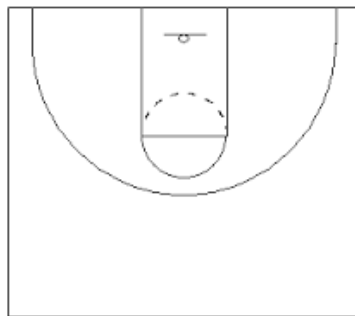
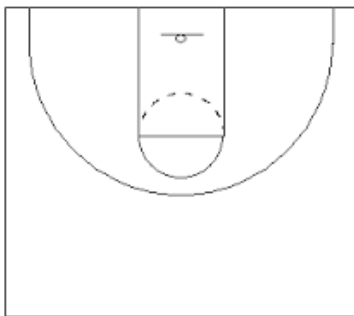
GOALS:

SESSION 3

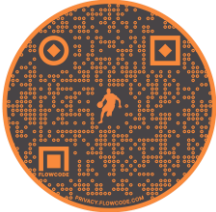
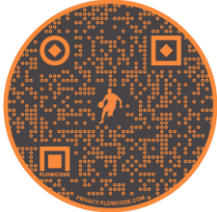
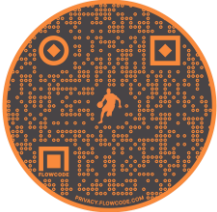
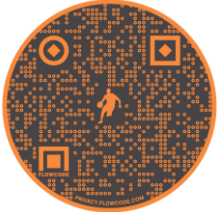
SUGGESTED PRACTICE TIME (90-120 MIN)

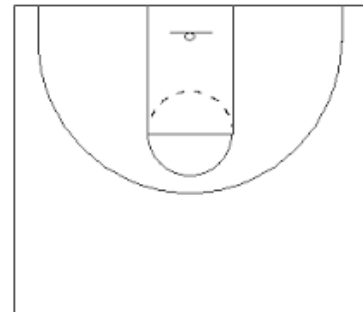
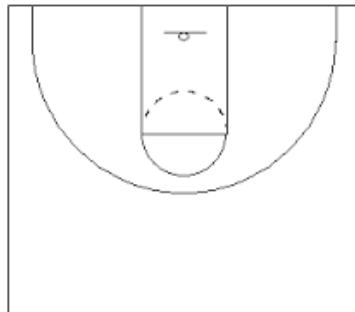
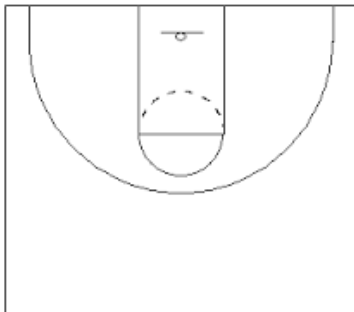
LEVEL: **ADVANCED**

| WARM-UPS | DYNAMIC WARMUP | LAYUP LINES | BLOCK TO BLOCK FINISHING | BALL MANIPULATION 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 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> |

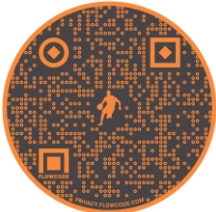
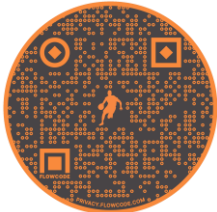
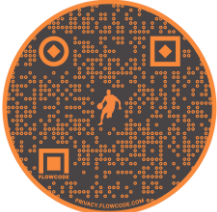
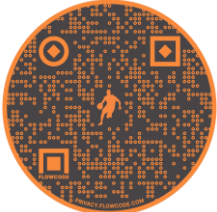


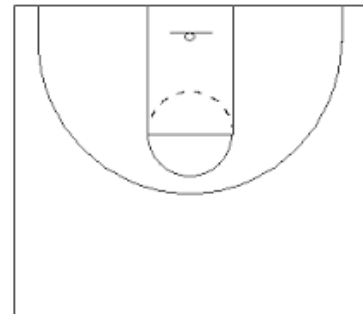
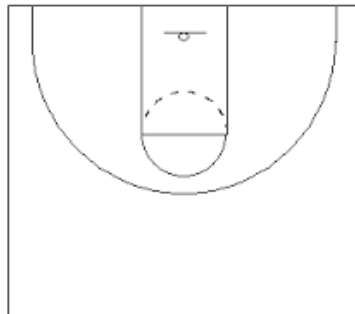
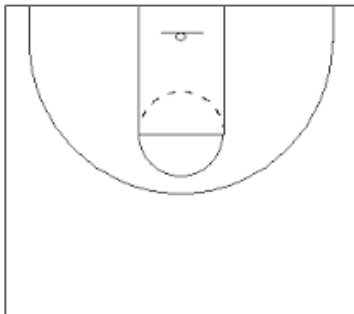
NOTES:

| SKILLS & DRILLS | THE BOX DRILL FOR POSTS | COMBO MOVES FACING THE BASKET (GUARDS) | SPOT SHOOTING | QUICK RELEASE 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, CONES OPTIONAL |
| RUN TIME | FULL SEQUENCE FOR TIME OR MAKES | FULL SEQUENCE FOR TIME OR MAKES | 5 SPOTS FOR MAKES, TIME OR REPS | 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> |



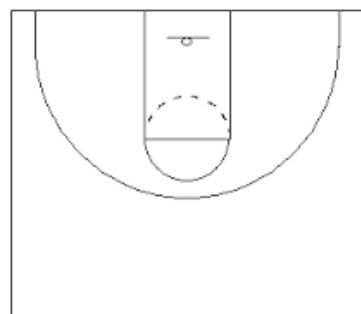
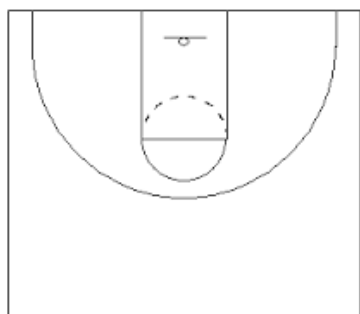
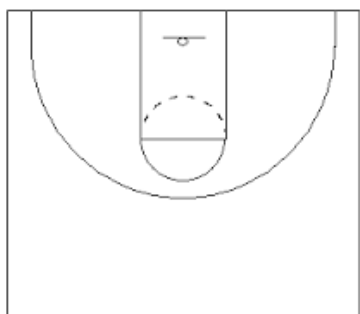
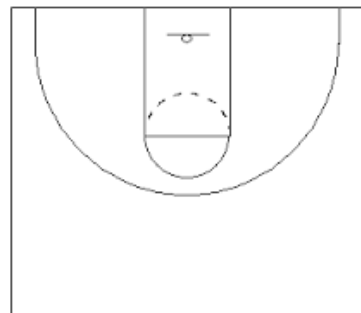
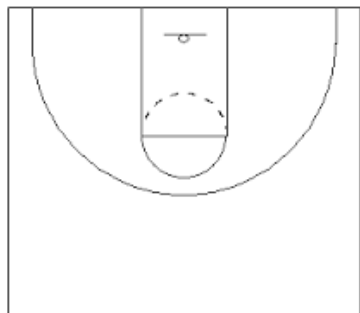
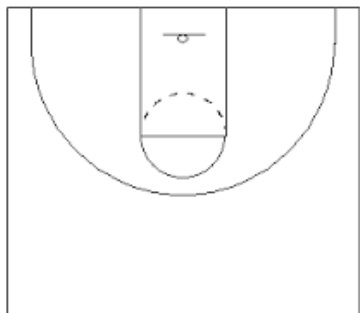
NOTES:

| SKILLS & DRILLS | LATERAL QUICKNESS BUILDER | SLIDE - BACKPEDAL SQUARE DRILL | HOW TO SET A SCREEN | HOW TO DEFEND A SCREEN |
|-------------------|---|---|--|---|
| PLAYERS | INDIVIDUAL | INDIVIDUAL | OFFENSE/ DEFENSE | OFFENSE/ DEFENSE |
| EQUIPMENT | LADDER OPTIONAL | CONES/MARKERS | 1 BALL | 1 BALL |
| RUN TIME | FULL SEQUENCE FOR TIME OR REPS | 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 |  <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:

TEAM SCRIMMAGE:



NOTES: