

TEAM:

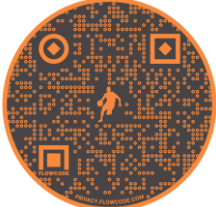
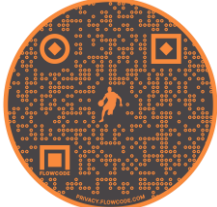
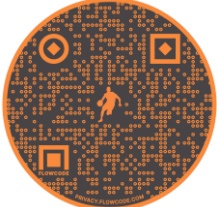
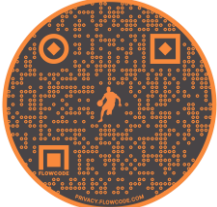
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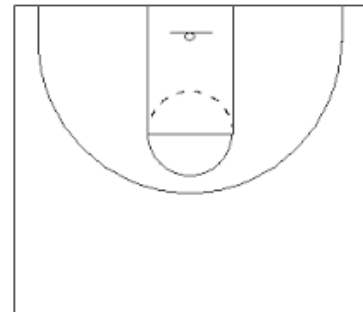
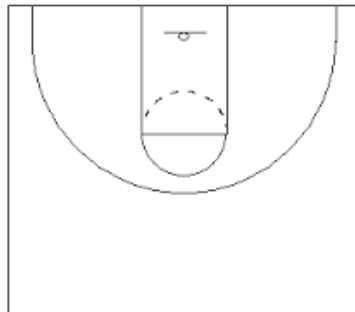
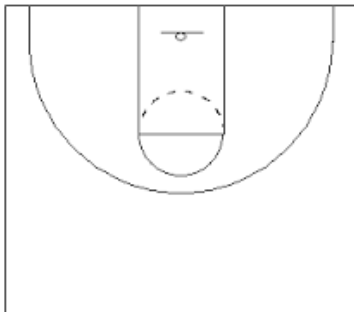
GOALS:

SESSION 1

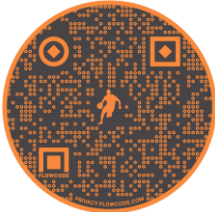
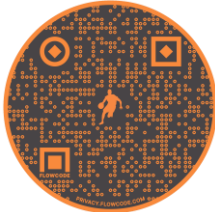
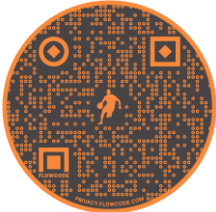
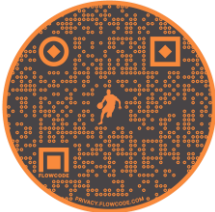
SUGGESTED PRACTICE TIME (50-60 MIN)

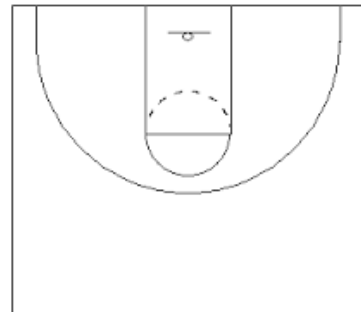
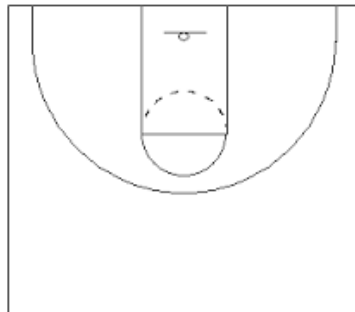
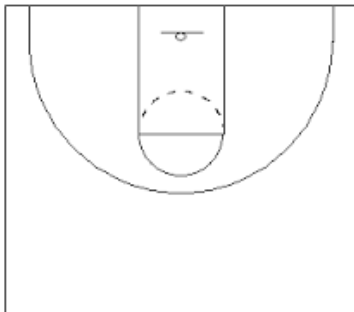
LEVEL: BEGINNER

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>



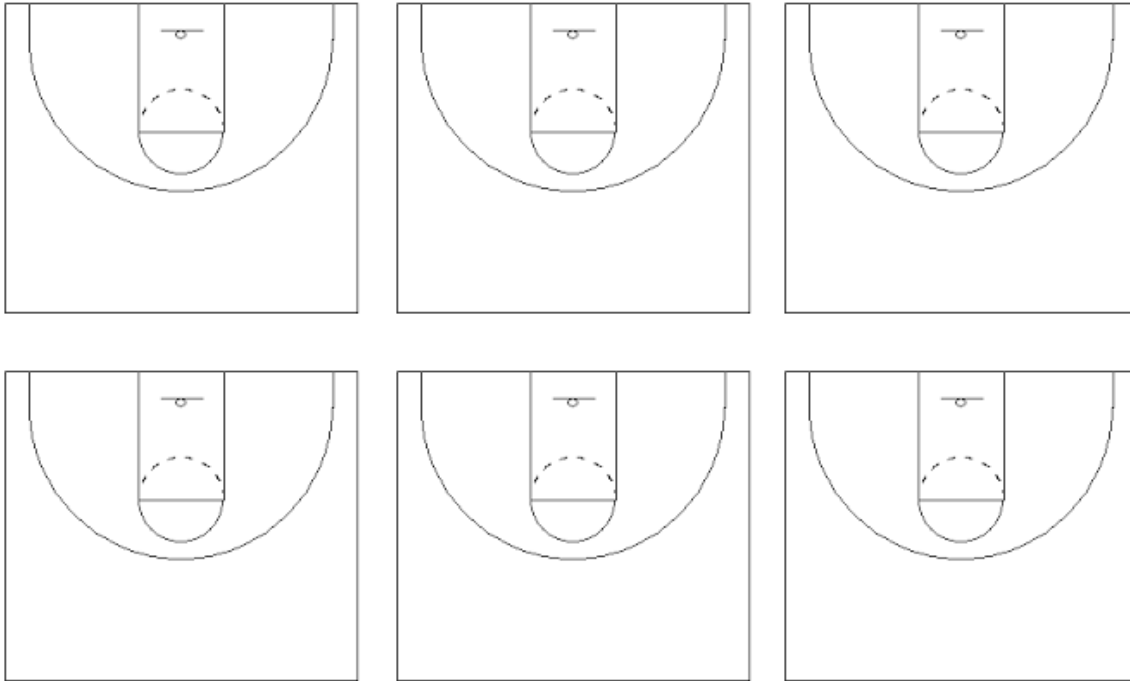
NOTES:

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>



NOTES:

TEAM SCRIMMAGE:



NOTES: