

TEAM:

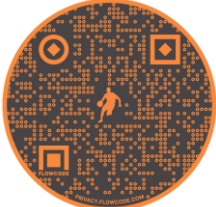
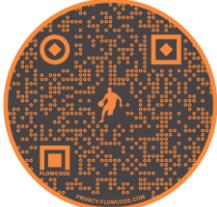
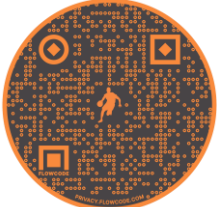
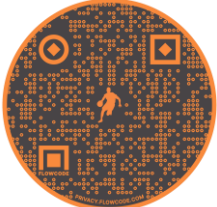
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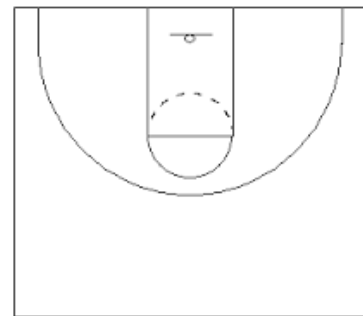
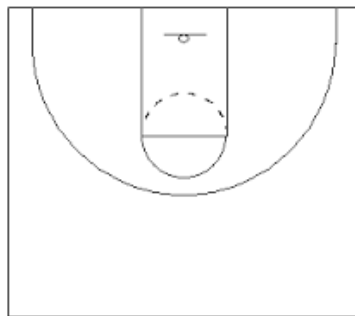
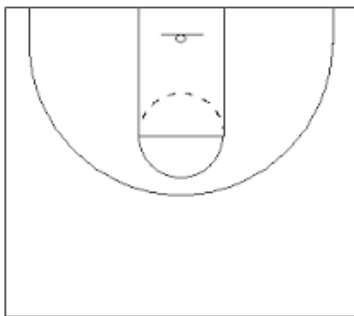
GOALS:

SESSION 1

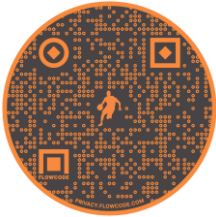

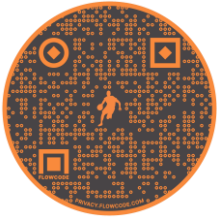

SUGGESTED PRACTICE TIME (75-90 MIN)

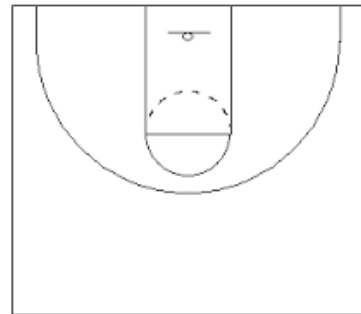
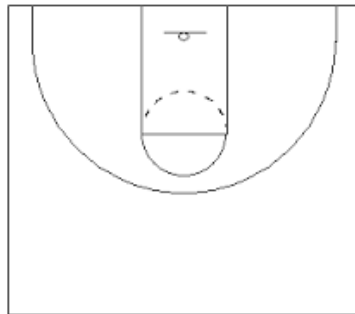
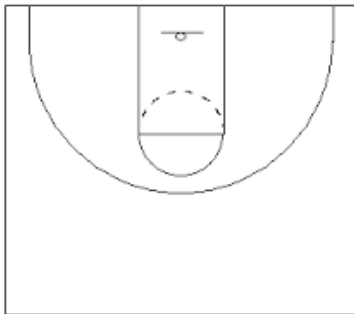
LEVEL: INTERMEDIATE

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>

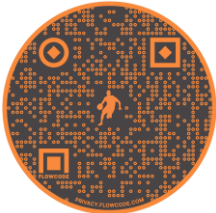
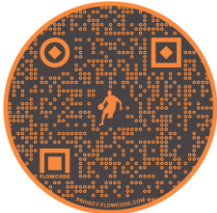
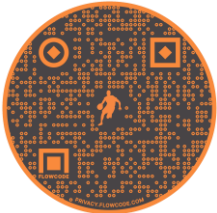
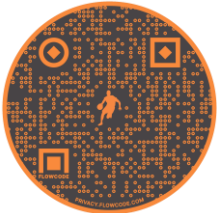


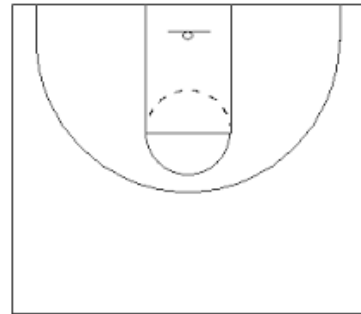
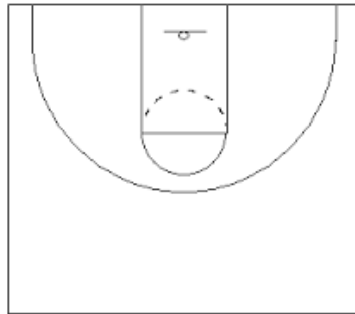
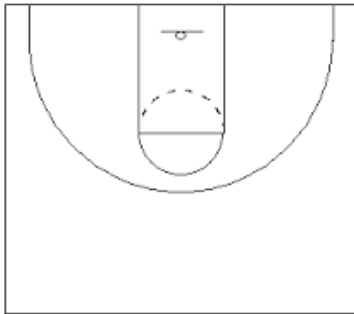
NOTES:

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	 <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>



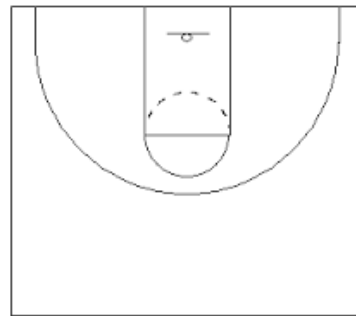
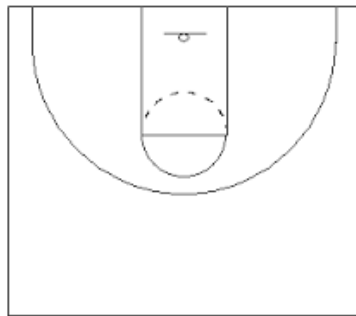
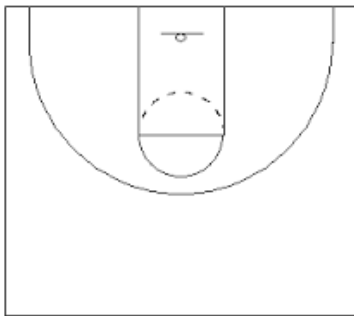
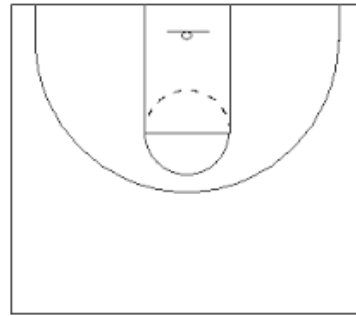
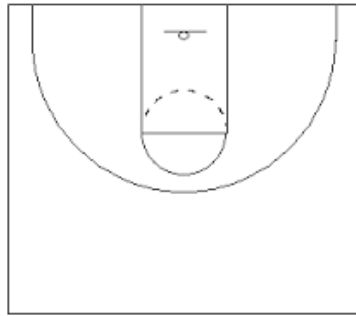
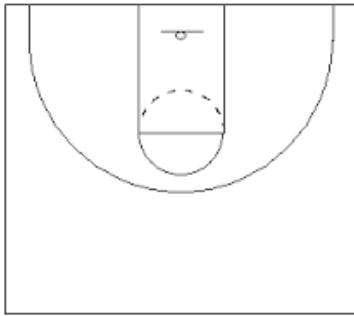
NOTES:

SKILLS & DRILLS	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	 <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: