

TEAM:

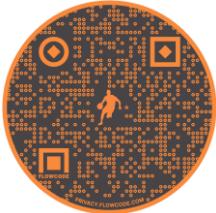
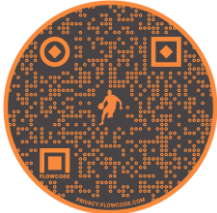
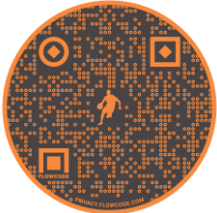
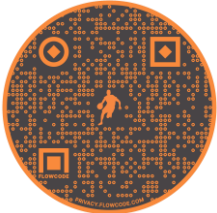
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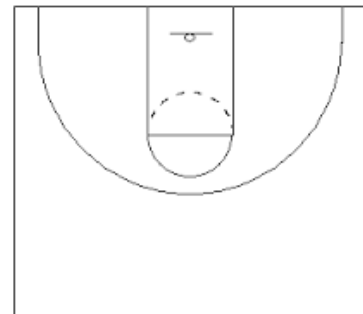
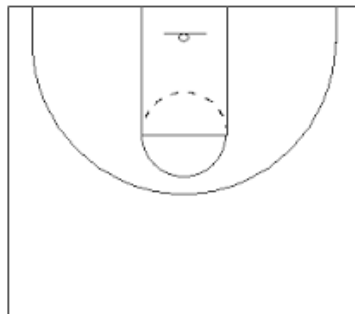
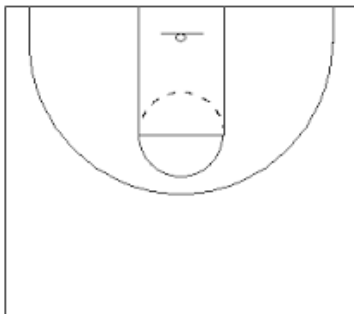
GOALS:

SESSION 1

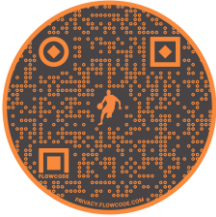

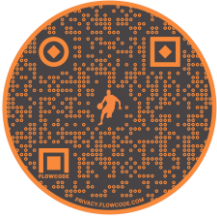
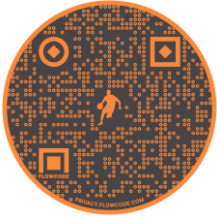
SUGGESTED PRACTICE TIME (90-120 MIN)

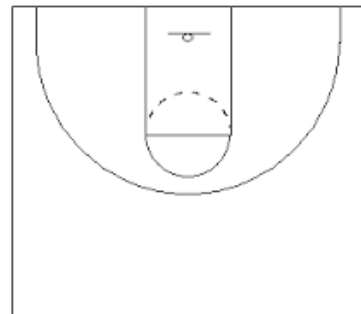
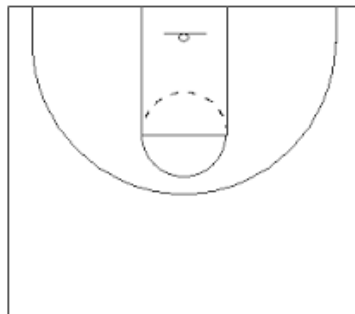
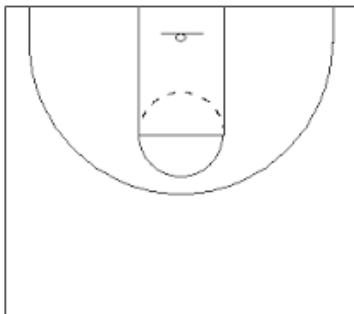
LEVEL: **ADVANCED**

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	POWER LAYUPS	HOP FORM SHOOTING
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	PAIRS
EQUIPMENT	N/A	2 BALLS	2 BALLS	1 BALL PER PAIR
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	2 MIN EACH SIDE	2, 4,, 6, 8, 10 HOPS, 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>

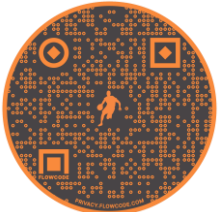
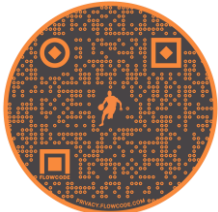
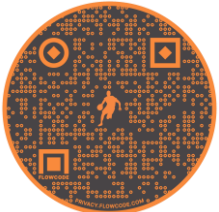
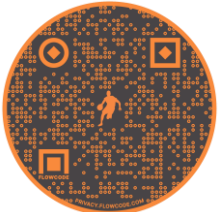


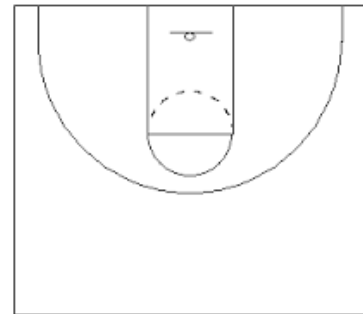
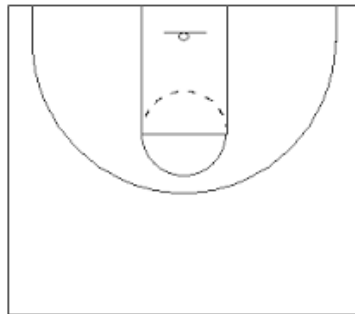
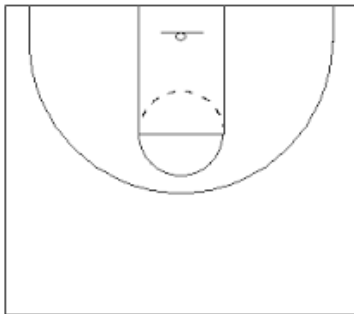
NOTES:

SKILLS & DRILLS	2 BALL PARTNER DRIBBLING	CHANGE OF PACE CHASEDOWN	UP & BACK SHOOTING	RELOCATION SHOOTING
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	POST AND GUARD PAIRS
EQUIPMENT	1 BALL EACH	1 BALL EACH	2 BALLS, CONES OPTIONAL	1 BALL PER PAIR
RUN TIME	FULL SEQUENCE FOR TIME OR COMPLETION	FULL SEQUENCE, FULL OR HALF COURT	FULL SEQUENCE FOR TIME OR MAKES	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>



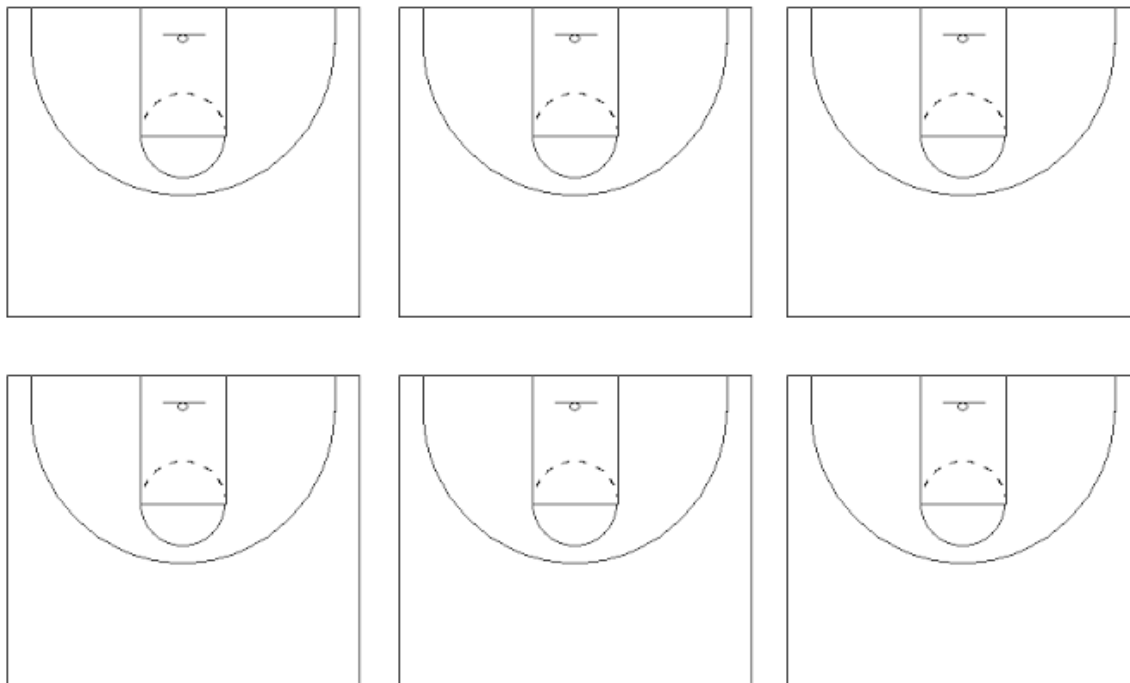
NOTES:

SKILLS & DRILLS	ENTRY PASSES FOR GUARDS AND POSTS	OFFENSIVE CUTS	DEFENSIVE SLIDE SQUARE DRILL	HOW TO CLOSE OUT
PLAYERS	POST & GUARD PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	1 BALL EACH	N/A	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY
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, 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:

TEAM SCRIMMAGE:



NOTES: