

TEAM:

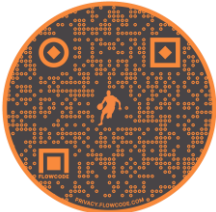
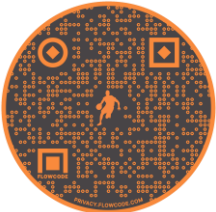
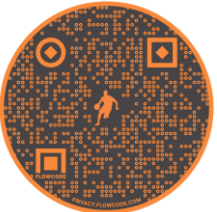
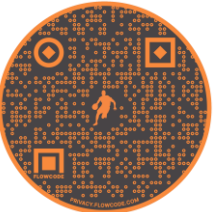
DATE:

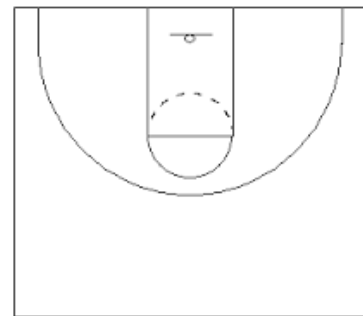
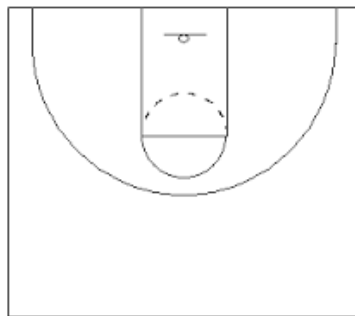
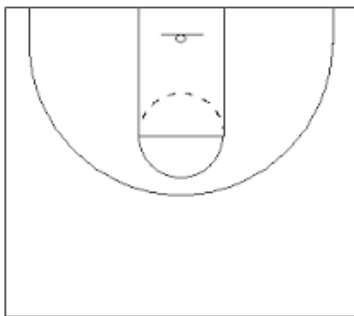
GOALS:

SESSION 2

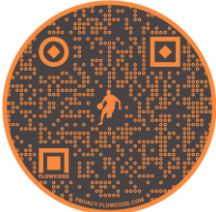
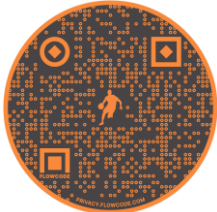
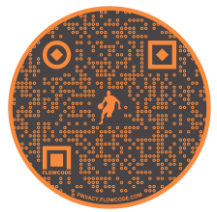
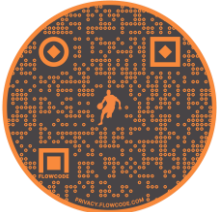
SUGGESTED PRACTICE TIME (90-120 MIN)

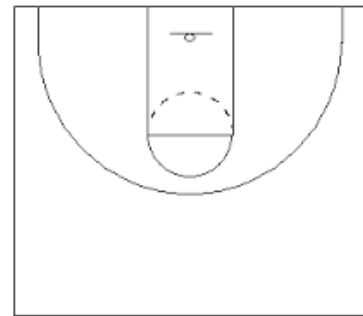
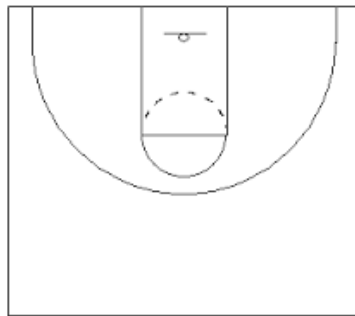
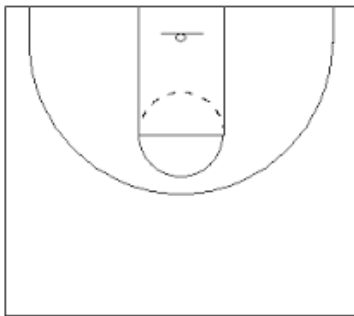
LEVEL: **ADVANCED**

| WARM-UPS | DYNAMIC WARMUP | LAYUP LINES | TIM HARDAWAY CROSSOVER DRIBBLING SERIES | KYRIE IRVING MIKAN 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 | FULL SEQUENCE, STATIONARY & MOVING, FULL OR HALF COURT OPTION | FULL SEQUENCE FOR TIME OR MAKES, ROTATE PARTNERS |
| 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> |

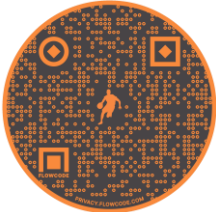
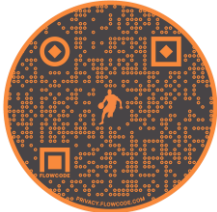
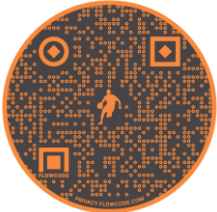
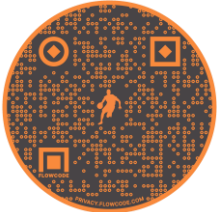


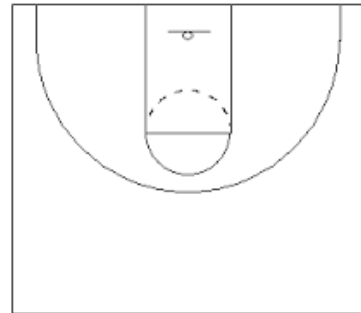
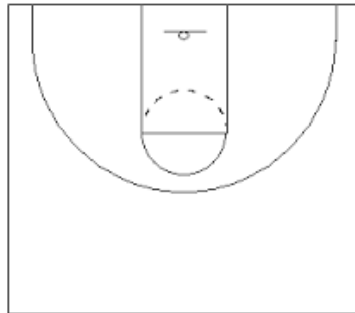
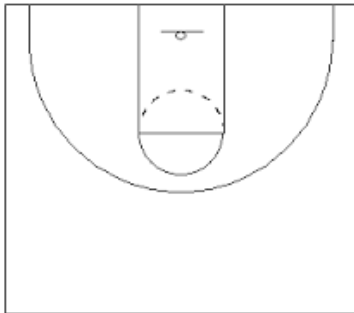
NOTES:

| SKILLS & DRILLS | THE MIRROR DRILL | TIGHT DRIBBLING SERIES | REBOUND DRILL WITH OUTLET PASS | DRIBBLE PULL UP SHOOTING |
|-------------------|---|---|--|---|
| PLAYERS | PAIRS | INDIVIDUAL | INDIVIDUAL + NECESSARY POSITION PLAYERS | INDIVIDUAL |
| EQUIPMENT | CONES OPTIONAL, 1 BALL PER PAIR | 1 BALL PER PLAYER, CONES | 1 BALL | 1 BALL PER PLAYER |
| RUN TIME | FULL SEQUENCE, FULL OR HALF COURT FOR TIME OR REPS | FULL SEQUENCE FOR TIME OR REPS | FULL SEQUENCE FOR TIME OR REPS, FULL OR HALFCOURT | 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> |



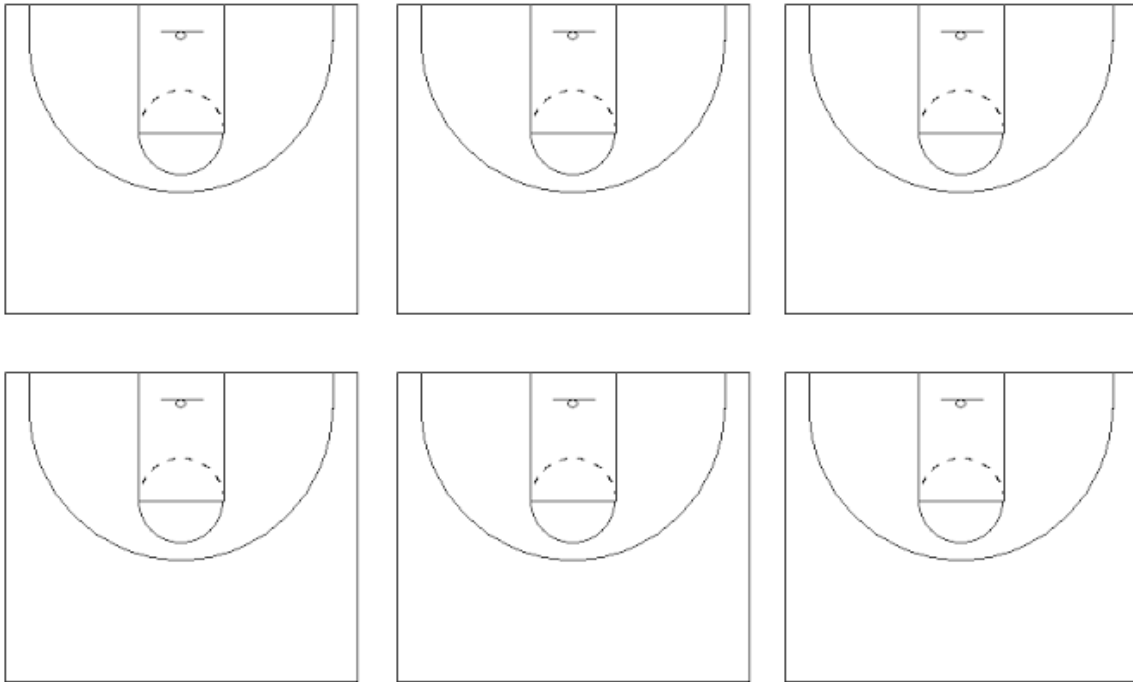
NOTES:

| SKILLS & DRILLS | UP & BACK SHOOTING | CURL PROGRESSION DRILL | SLIDE - PEDAL CHARGE DRILL | HOW TO CLOSE OUT |
|-------------------|---|---|--|---|
| PLAYERS | INDIVIDUAL | INDIVIDUAL | INDIVIDUAL | INDIVIDUAL |
| EQUIPMENT | 2 BALLS, CONES OPTIONAL | 2-3 BALLS IN LINE | N/A | 5 CONES 2 BASELINE/2 WING/1 TOP OF KEY |
| RUN TIME | FULL SEQUENCE FOR TIME OR MAKES | FULL SEQUENCE FOR TIME, MAKES 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:

TEAM SCRIMMAGE:



NOTES: