

TEAM:

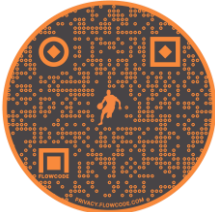
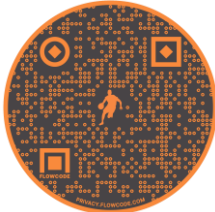
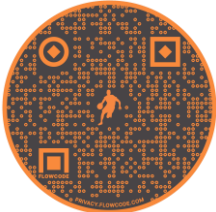
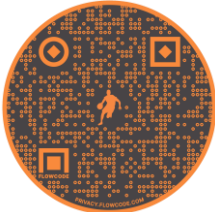
DATE:

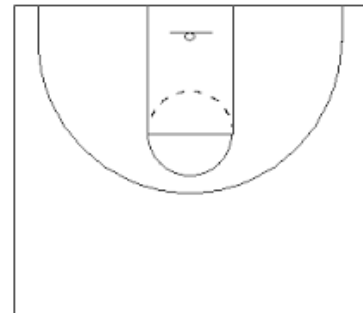
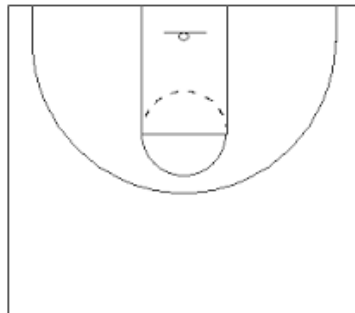
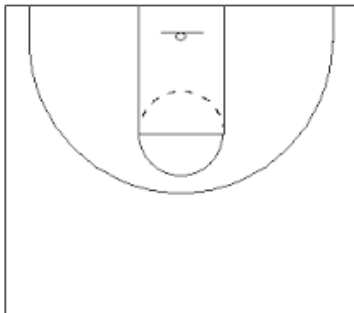
GOALS:

SESSION 4

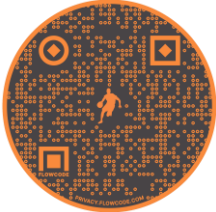
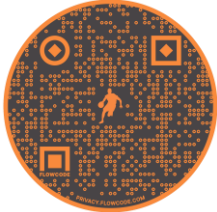
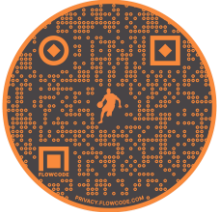
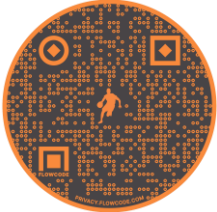
SUGGESTED PRACTICE TIME (90-120 MIN)

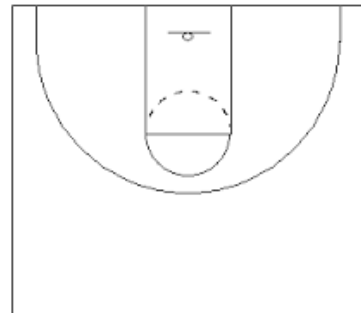
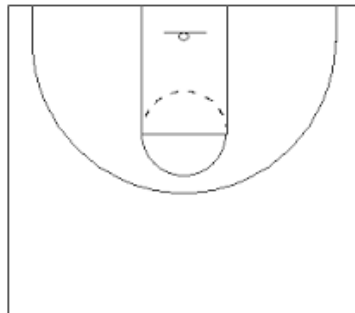
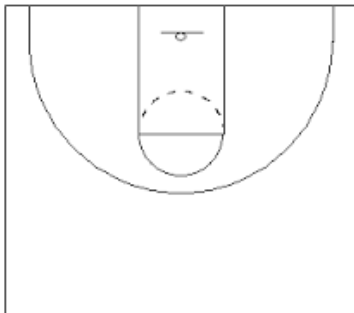
LEVEL: ADVANCED

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	POWER LAYUPS	CHAIR CROSSOVERS
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	2 BALLS	1 BALL PER PLAYER, CHAIRS, CONES, OR CANS CAN ACT AS DEFENSE
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	2 MIN EACH SIDE	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>

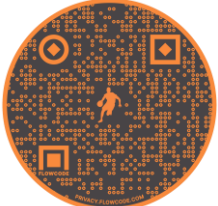
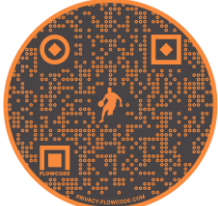
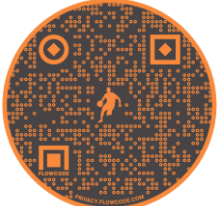
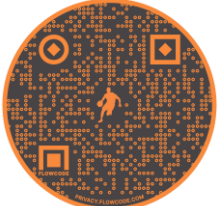


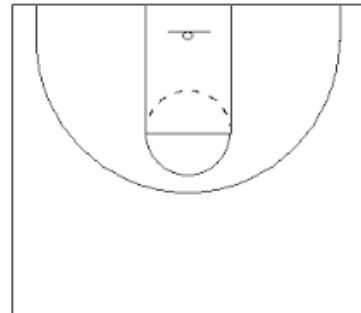
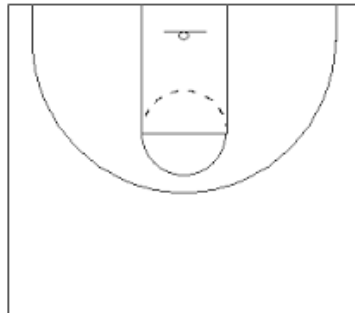
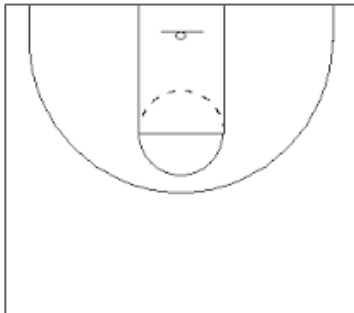
NOTES:

SKILLS & DRILLS	THE PARROT DRILL	TIGHT DRIBBLING SERIES	POST RESET DRILL (POSTS ONLY)	COMBO MOVES BACK TO THE BASKET (GUARDS ONLY)
PLAYERS	PAIRS	INDIVIDUAL	POST PLAYERS	GUARDS
EQUIPMENT	1 BALL PER PAIR	1 BALL PER PLAYER, CONES	1 BALL IN ACTION	1 BALL PER PLAYER
RUN TIME	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE BOTH SIDES FOR TIME, MAKES 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>



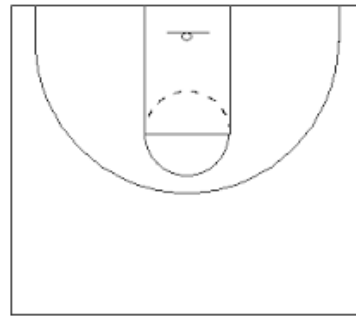
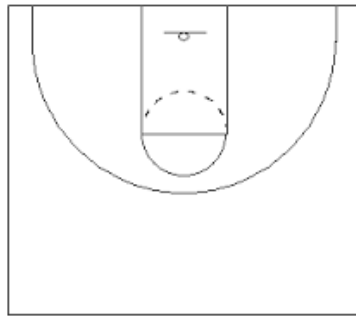
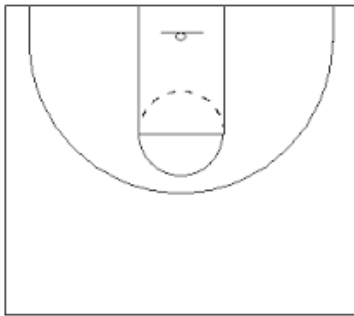
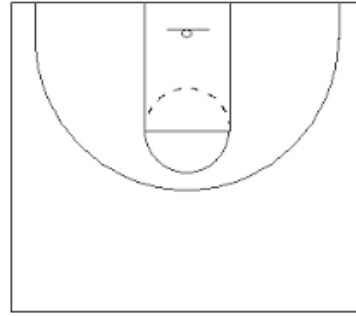
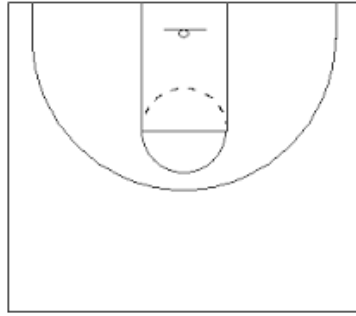
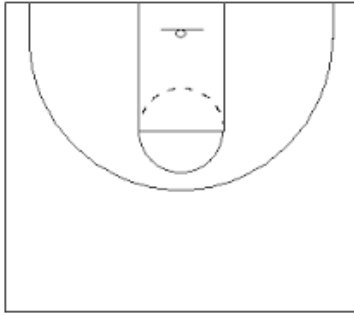
NOTES:

SKILLS & DRILLS	ENTRY PASSES FOR GUARDS AND POSTS	HOW TO TAKE A CHARGE	HOW TO READ THE DEFENSE	FREE THROW SERIES
PLAYERS	OFFENSE/DEFENSE	OFFENSE/DEFENSE	INDIVIDUAL	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	1 BALL	1 BALL	1 BALL PER PLAYER	1 BALL
RUN TIME	FULL SEQUENCE OF PASSES, FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR TIME, MAKES OR REPS	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: