

TEAM:

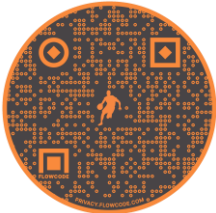
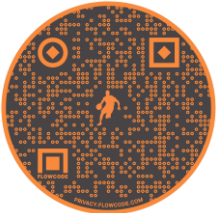
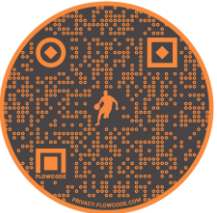
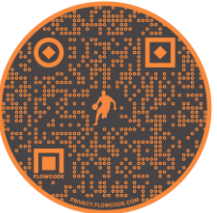
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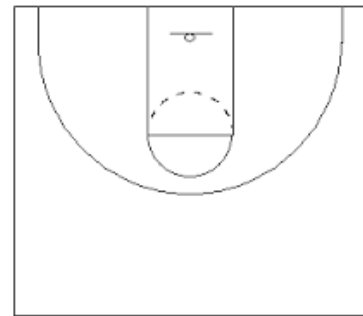
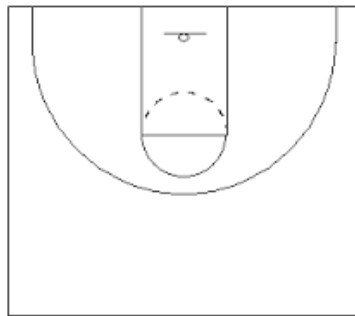
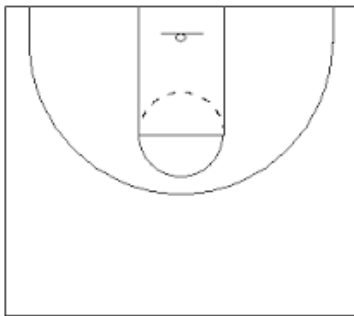
GOALS:

SESSION 5

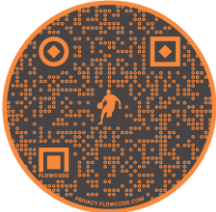
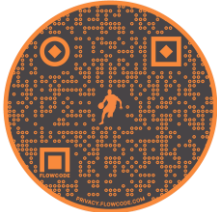
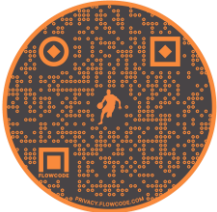
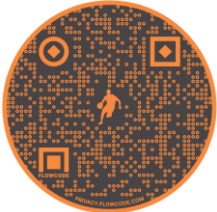
SUGGESTED PRACTICE TIME (90-120 MIN)

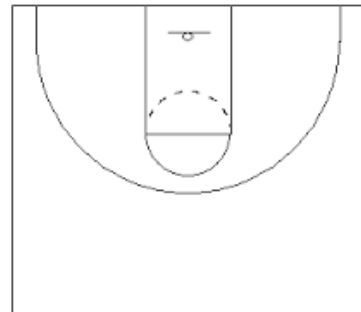
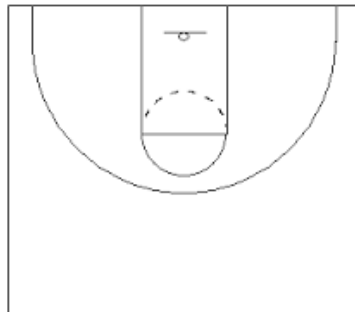
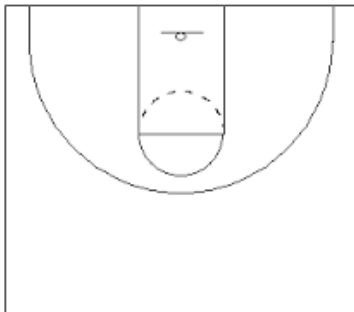
LEVEL: ADVANCED

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	THE EURO STEP	TWO BALL DRIBBLING SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	2 BALLS	2 BALLS PER PLAYER
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>

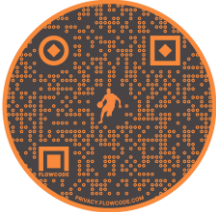
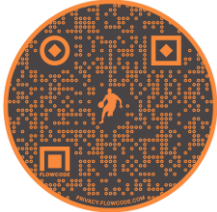
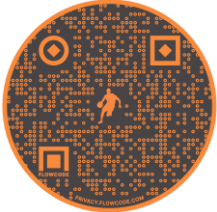
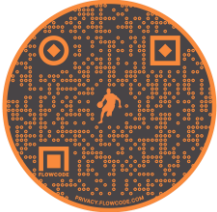


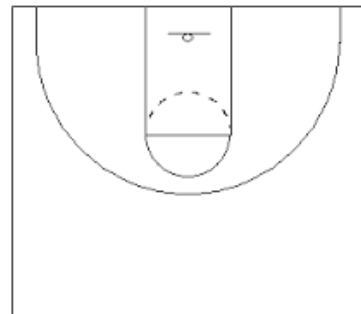
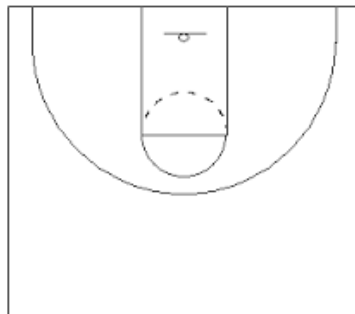
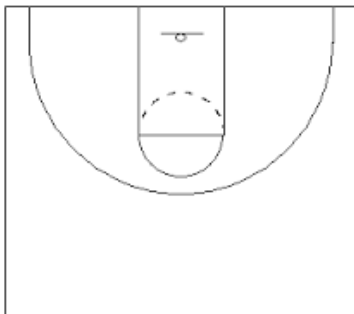
NOTES:

SKILLS & DRILLS	THE TIP DRILL	TENNIS BALL DRAG RACE	CELTICS 2-BALL SHOOTING	UP & BACK SHOOTING
PLAYERS	PAIRS	PAIRS	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	TENNIS BALL	2 BALLS PER PLAYER	2 BALLS, CONES OPTIONAL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS, ROTATE PLAYERS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR 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>



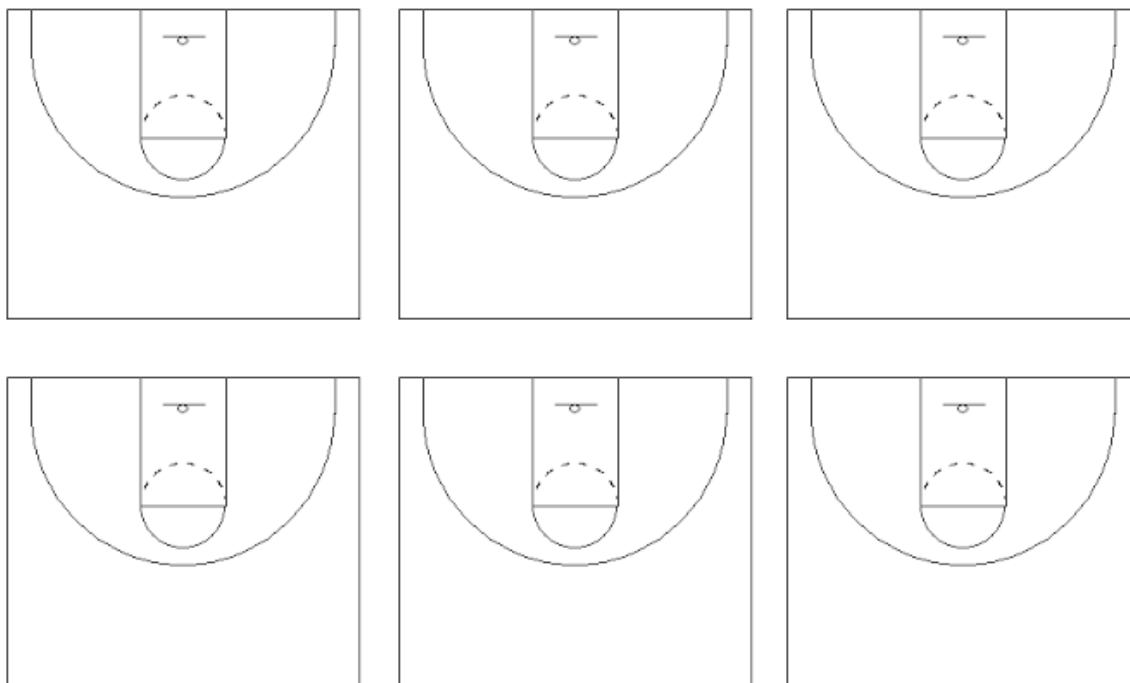
NOTES:

SKILLS & DRILLS	SLIDE - PEDAL CHARGE DRILL	3-5 SECOND BOX OUT DRILL	REBOUND DRILL WITH OUTLET PASS	FREE THROW SERIES
PLAYERS	INDIVIDUAL	PAIRS	INDIVIDUAL + NECESSARY POSITION PLAYERS	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	N/A	1 BALL	1 BALL	1 BALL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS, OPTION TO ADD PLAYERS	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALFCOURT	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: