

TEAM:

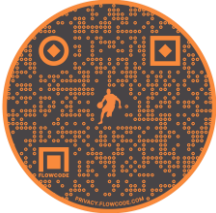
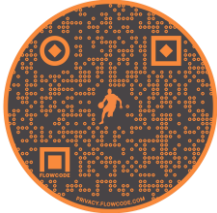
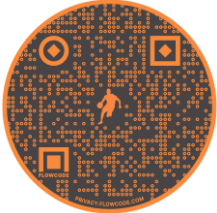
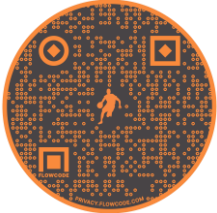
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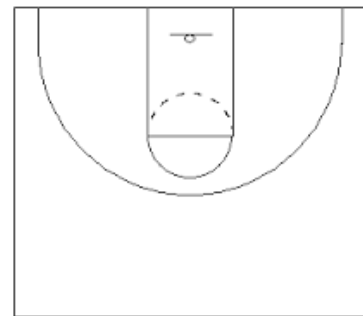
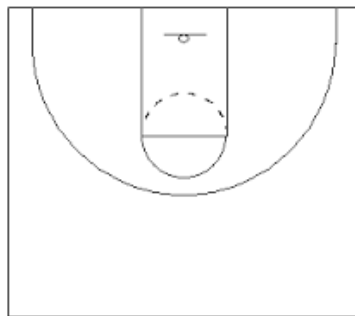
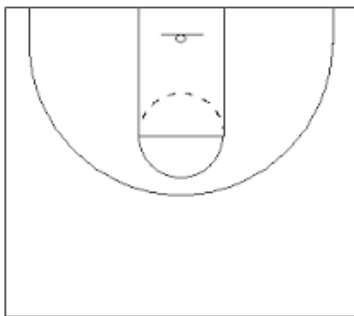
GOALS:

SESSION 4

SUGGESTED PRACTICE TIME (50-60 MIN)

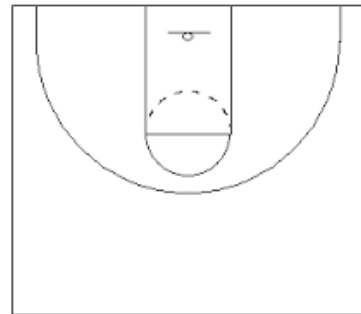
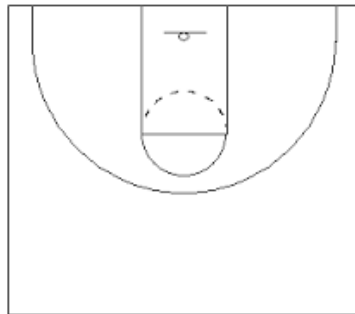
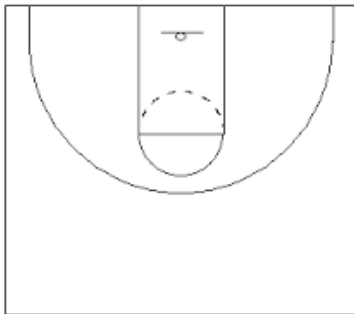
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	THE MIKAN DRILL	THE PARROT DRILL
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	PAIRS
EQUIPMENT	N/A	2 BALLS	1 BALL PER PAIR	1 BALL PER PAIR
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES, ROTATE PAIRS	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES
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>

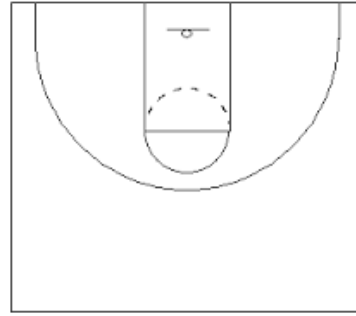
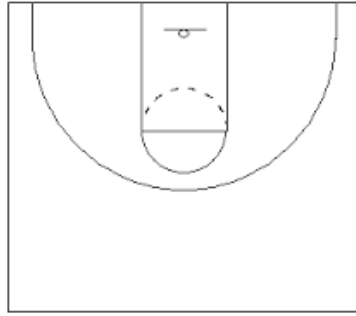
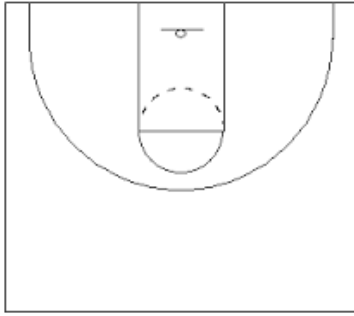
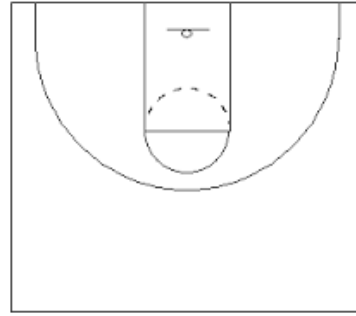
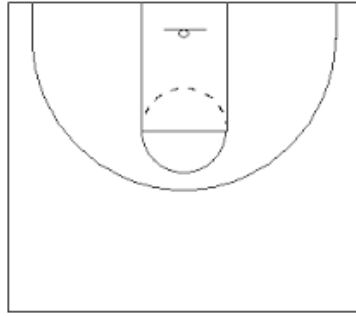
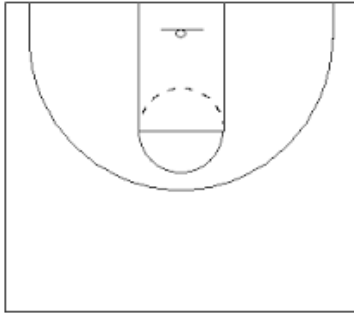


NOTES:

SKILLS & DRILLS	SHOT FAKES, JAB STEPS, CROSS STEPS	SHOT FAKES, JAB STEPS, CROSS STEPS	LEVEL 1: SHOOTING OFF THE DRIBBLE	FREE THROW SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	FULL 5, OFFENSE/DEFENSE
EQUIPMENT	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES	1 BALL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALF COURT OPTION	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALF COURT OPTION	FULL SEQUENCE FOR TIME, MAKES OR REPS	FULL SEQUENCE OF REBOUNDING SKILLS OR ROUND ROBIN SHOOTING
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>



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