

TEAM:

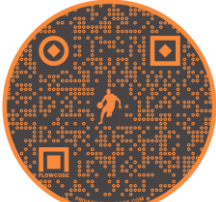
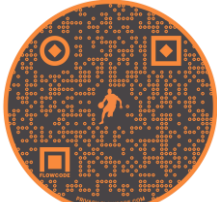
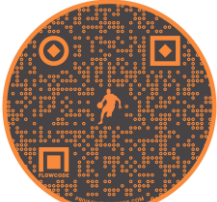
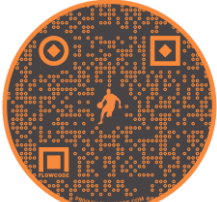
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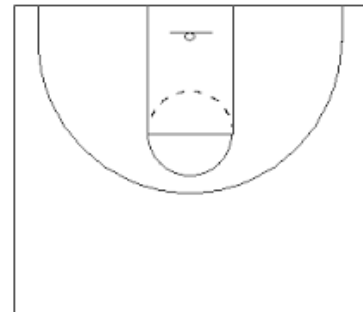
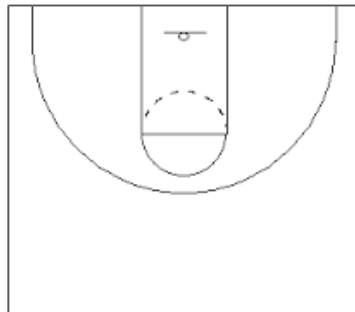
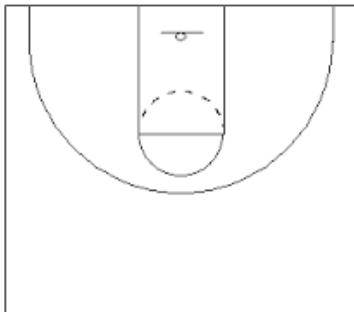
GOALS:

SESSION 2

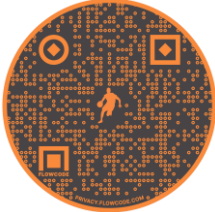
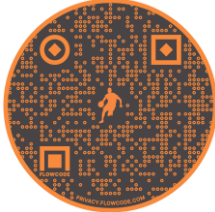
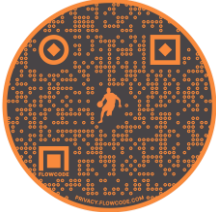
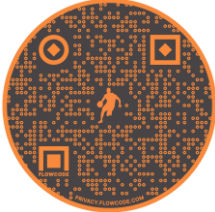
SUGGESTED PRACTICE TIME (75-90 MIN)

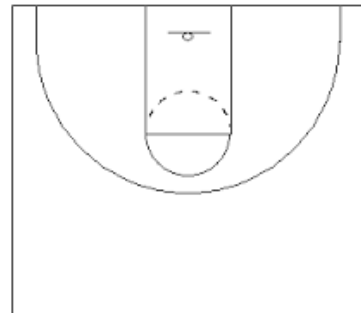
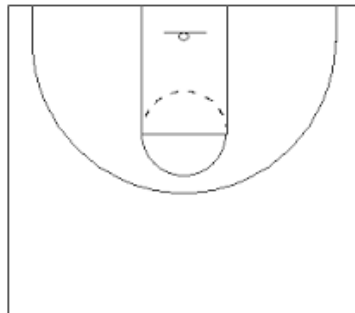
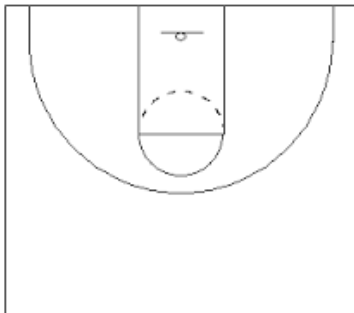
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BALL- HANDLING SERIES	THE PARROT 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	STATIONARY TO MOVING, FULL OR HALF COURT	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>



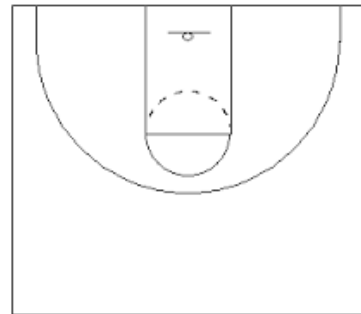
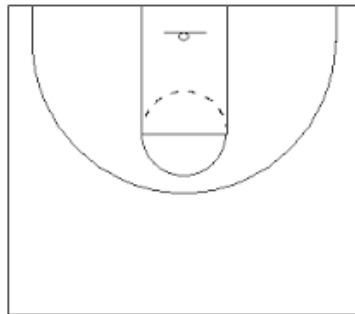
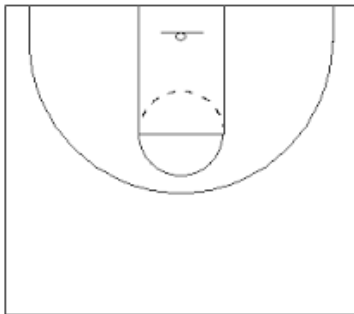
NOTES:

SKILLS & DRILLS	LATERAL QUICKNESS BUILDER	THE MIRROR DRILL	3-5 SECOND BOX OUT DRILL	REBOUND DRILL WITH OUTLET PASS
PLAYERS	INDIVIDUAL	PAIRS	PAIRS	INDIVIDUAL + NECESSARY POSITION PLAYERS
EQUIPMENT	LADDER OPTIONAL	CONES OPTIONAL, 1 BALL PER PAIR	1 BALL	1 BALL
RUN TIME	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, FULL OR HALF COURT FOR TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS, OPTION TO ADD PLAYERS	FULL SEQUENCE FOR TIME OR REPS, FULL OR HALFCOURT
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>

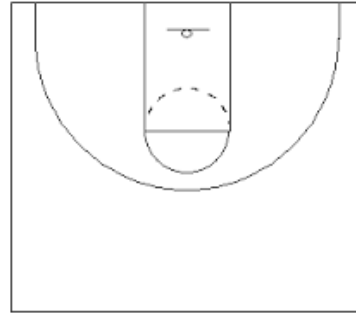
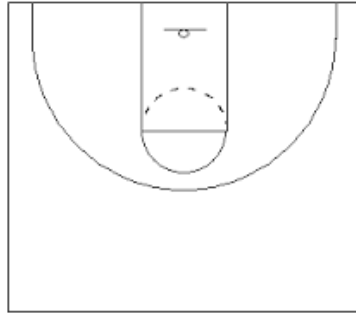
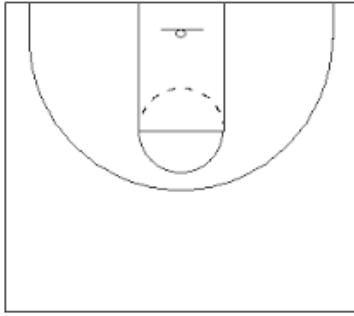
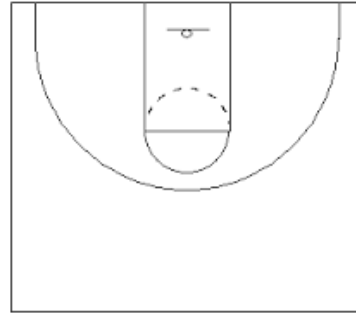
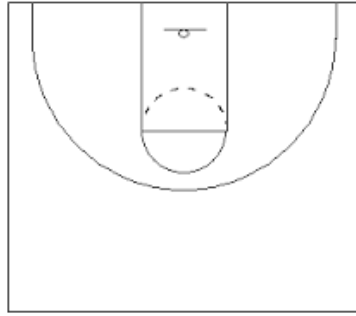
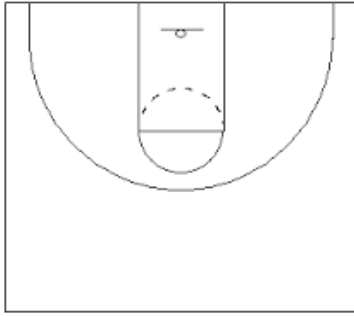


NOTES:

SKILLS & DRILLS	UP & BACK SHOOTING	GIVE AND GO SHOOTING	OFFENSIVE CUTS	SLIDE - PEDAL CHARGE DRILL
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	2 BALLS, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	N/A
RUN TIME	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME, MAKES, REPS	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>



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