

TEAM:

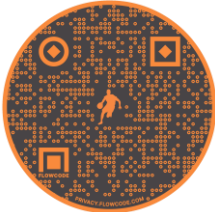
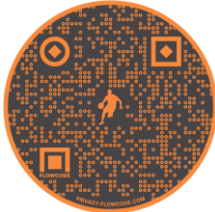
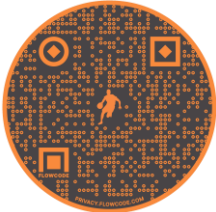
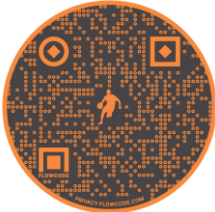
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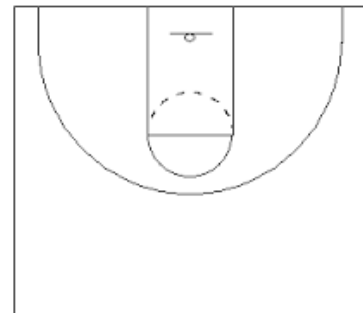
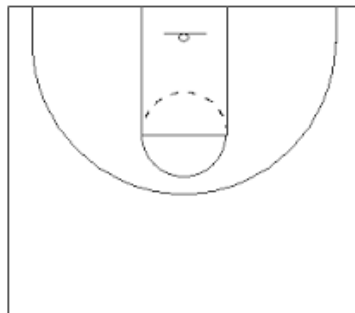
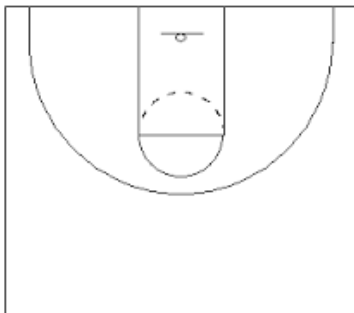
GOALS:

SESSION 5

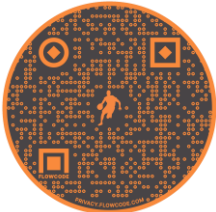
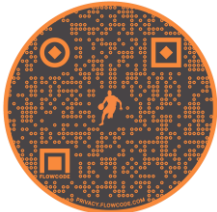
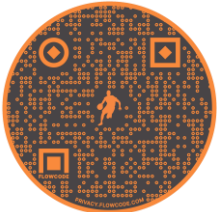
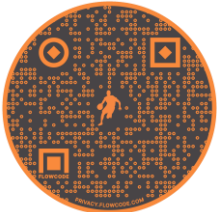
SUGGESTED PRACTICE TIME (75-90 MIN)

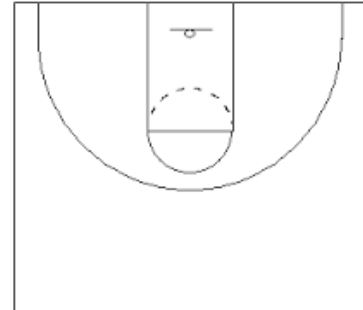
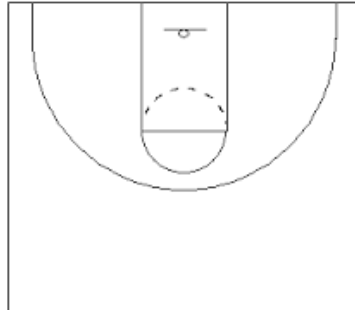
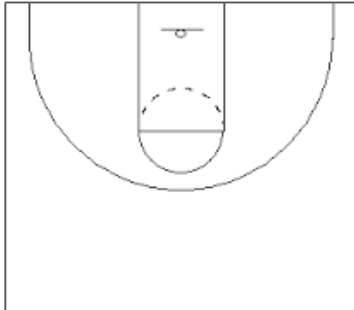
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	THE MIKAN DRILL	BALL MANIPULATION SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	1 BALL PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES, ROTATE PAIRS	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>

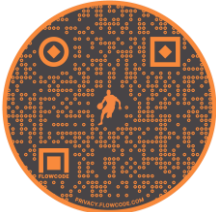
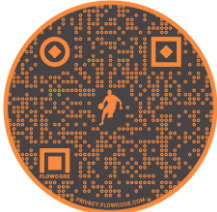
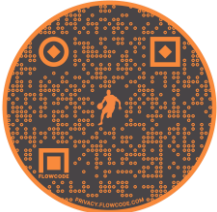
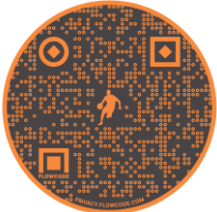


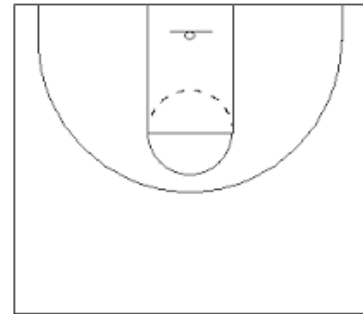
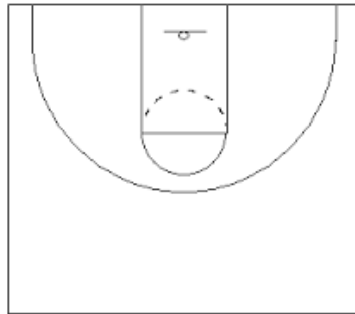
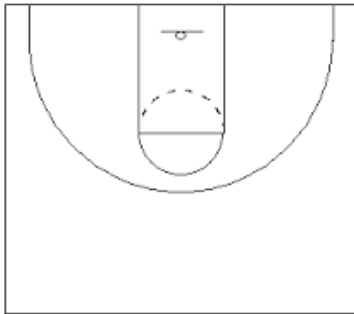
NOTES:

SKILLS & DRILLS	TWO BALL PARTNER DRIBBLING	CHANGE OF PACE CHASE DOWN	SPOT SHOOTING	GIVE AND GO SHOOTING
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	2 BALLS PER PAIR	1 BALL EACH	1 BALL PER PLAYER	1 BALL PER PLAYER, CONES OPTIONAL
RUN TIME	FULL SEQUENCE FOR TIME OR COMPLETION	FULL SEQUENCE, FULL OR HALF COURT	5 SPOTS FOR MAKES, TIME 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>



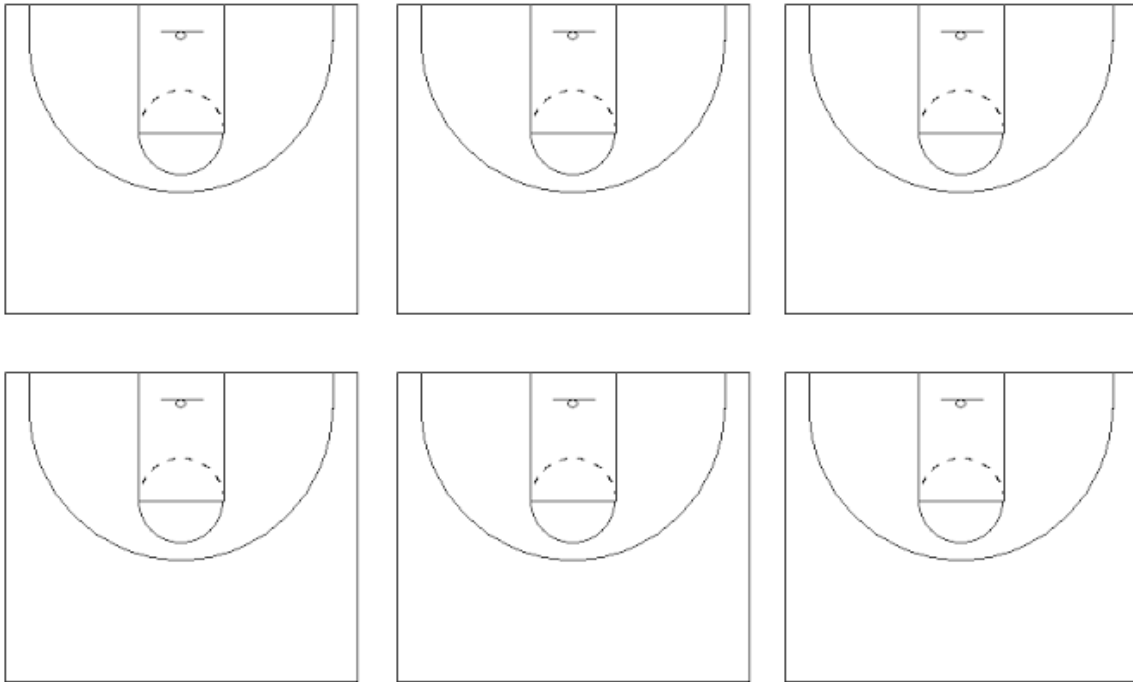
NOTES:

SKILLS & DRILLS	SLIDE - PEDAL CHARGE DRILL	LATERAL QUICKNESS BUILDER	HOW TO CLOSE OUT	HOW TO READ THE DEFENSE
PLAYERS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL/ OFFENSE OPTIONAL	INDIVIDUAL
EQUIPMENT	N/A	LADDER OPTIONAL	5 CONES 2 BASELINE/2 WING/1 TOP OF KEY	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE FOR TIME OR REPS	FULL SEQUENCE, ADD OFFENSE TO PROGRESS	FULL SEQUENCE FOR TIME, MAKES 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:

TEAM SCRIMMAGE:



NOTES: