

TEAM:

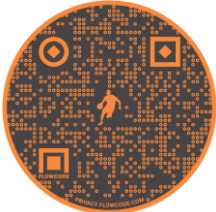
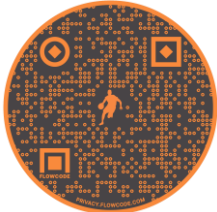
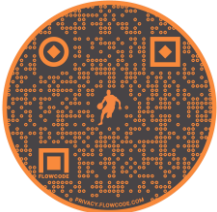
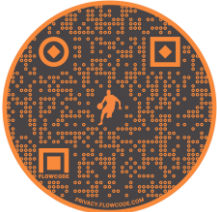
DATE:

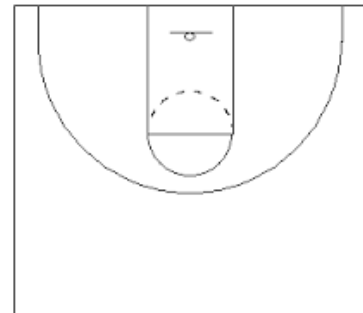
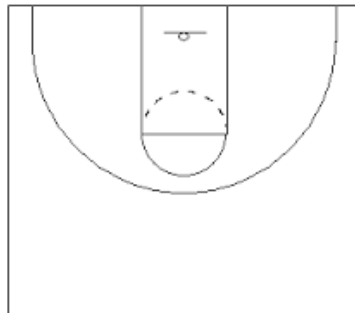
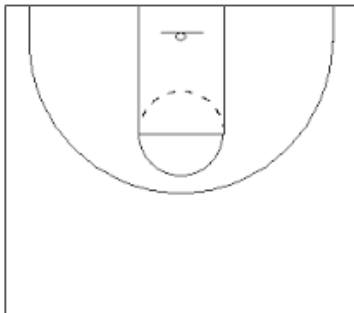
GOALS:

SESSION 3

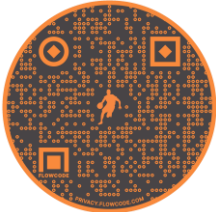
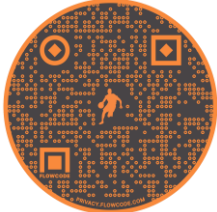
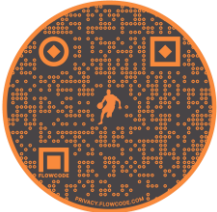
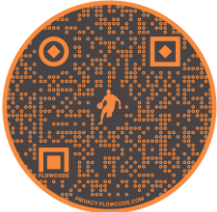
SUGGESTED PRACTICE TIME (50-60 MIN)

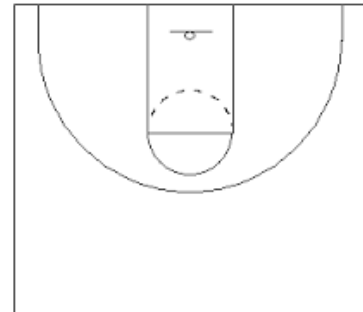
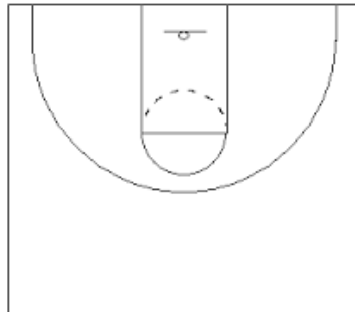
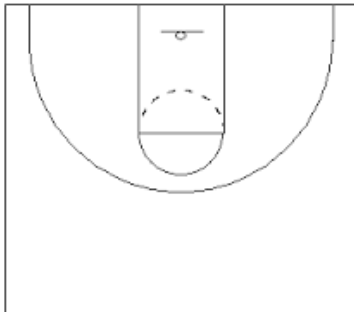
LEVEL: BEGINNER

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 <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>



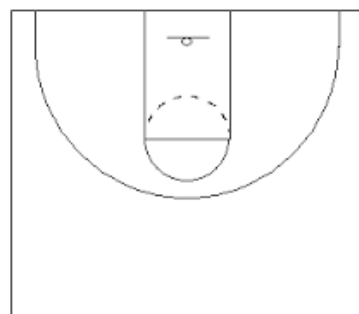
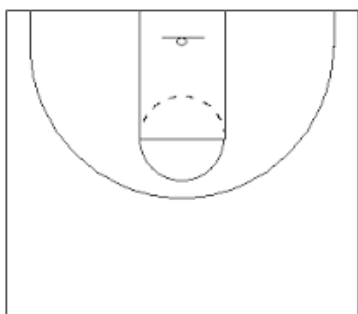
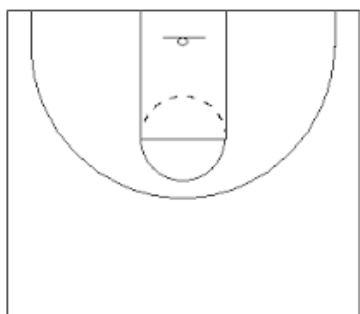
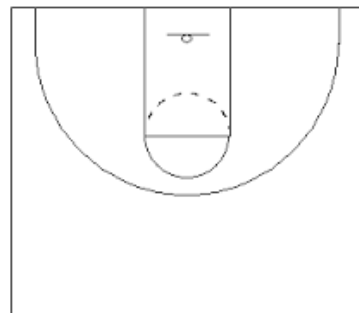
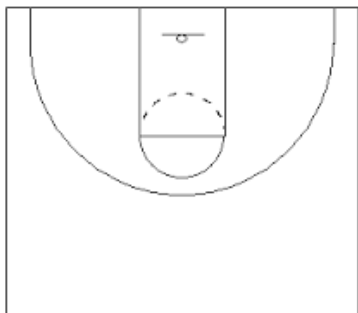
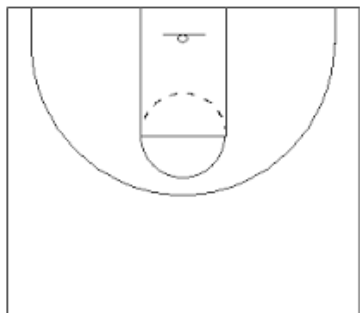
NOTES:

SKILLS & DRILLS	THE MIRROR DRILL	FOLLOWING YOUR SHOT	DRIBBLE PULL UP SHOOTING	SLIDE - PEDAL CHARGE DRILL
PLAYERS	PAIRS	INDIVIDUAL	INDIVIDUAL	INDIVIDUAL
EQUIPMENT	1 BALL PER PAIR	1 BALL PER PLAYER	1 BALL PER PLAYER	N/A
RUN TIME	FULL SEQUENCE FOR TIME, FULL OR HALF COURT ZIG ZAG OPTION	SHOOT FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS
VIDEO INSTRUCTION	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>	 <p>SCAN OR <a href="#">CLICK TO WATCH</a></p>



**NOTES:**

## TEAM SCRIMMAGE:



## NOTES: