

TEAM:

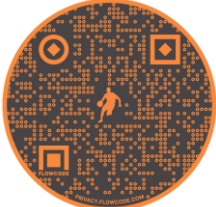
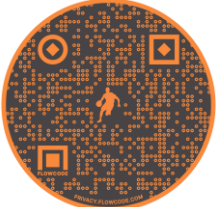
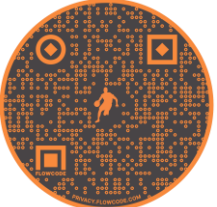
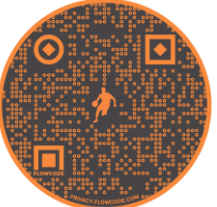
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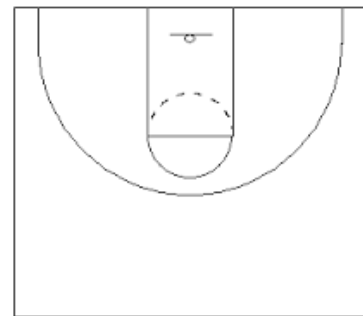
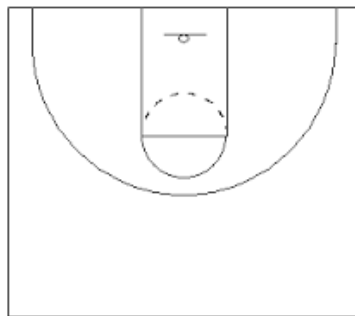
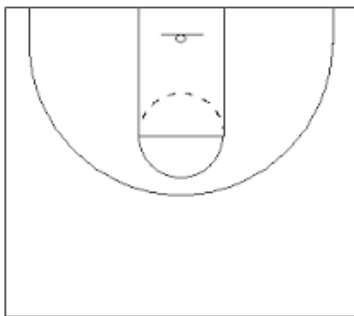
GOALS:

SESSION 2

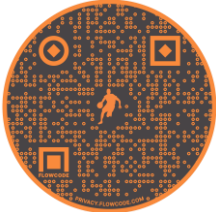
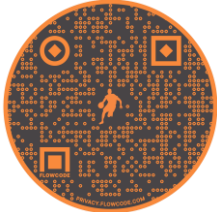
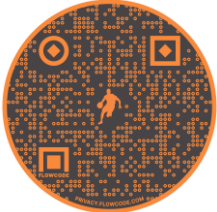
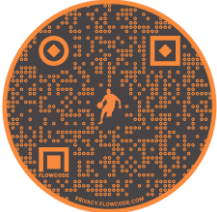
SUGGESTED PRACTICE TIME (50-60 MIN)

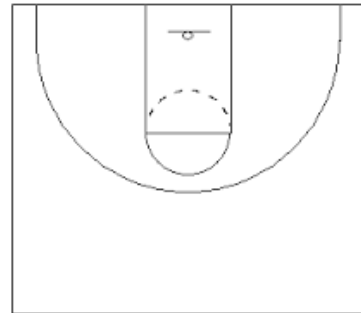
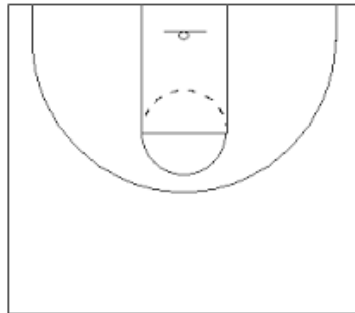
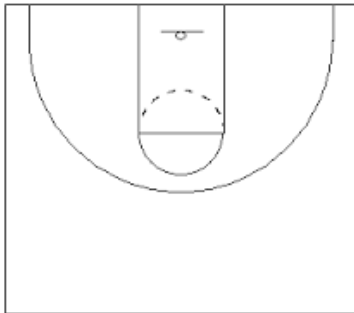
LEVEL: BEGINNER

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	STATIONARY 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	FULL SEQUENCE FOR TIME OR REPS	SWITCH LEADERS EVERY 30-60 SEC FOR 5 MINUTES
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>



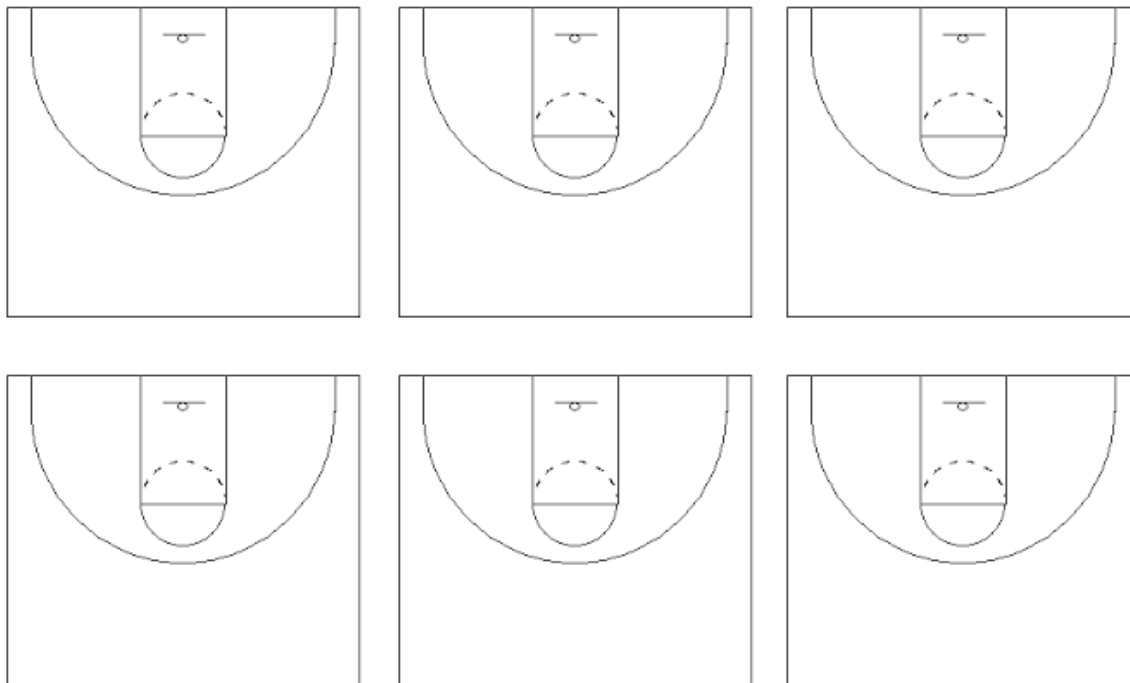
NOTES:

SKILLS & DRILLS	LATERAL QUICKNESS BUILDER	THE MIRROR DRILL	3-5 SECOND BOX OUT DRILL	GIVE AND GO SHOOTING
PLAYERS	INDIVIDUAL	PAIRS	PAIRS	INDIVIDUAL
EQUIPMENT	LADDER OPTIONAL	CONES OPTIONAL, 1 BALL PER PAIR	1 BALL	1 BALL PER PLAYER, CONES OPTIONAL
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 MAKES
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: