

TEAM:

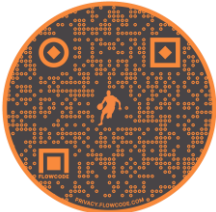
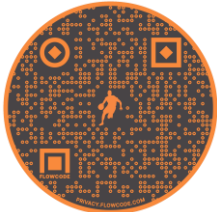
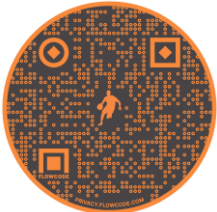
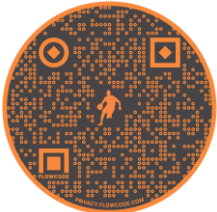
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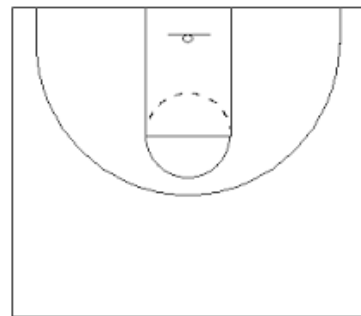
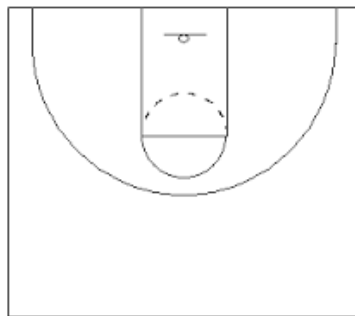
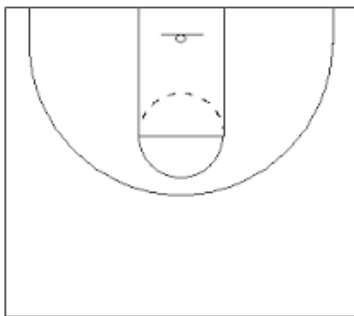
GOALS:

SESSION 3

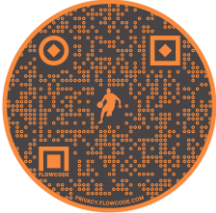
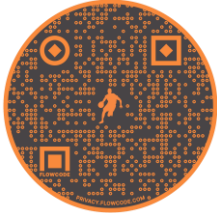
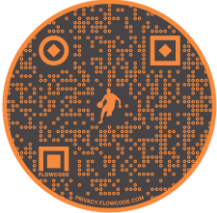
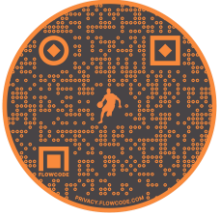
SUGGESTED PRACTICE TIME (75-90 MIN)

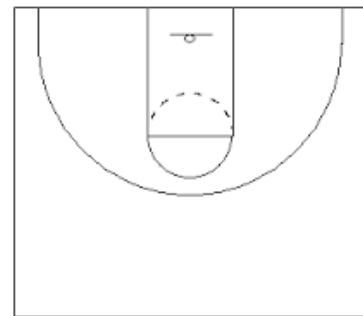
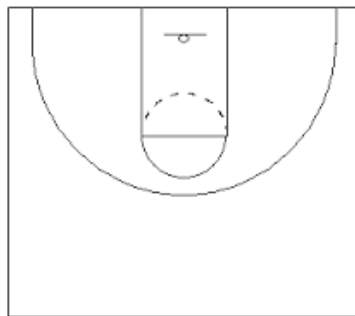
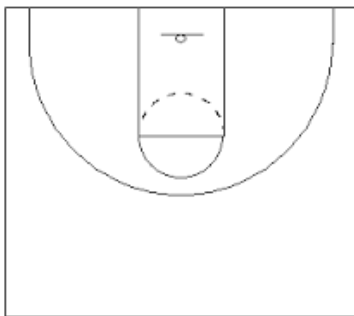
LEVEL: INTERMEDIATE

WARM-UPS	DYNAMIC WARMUP	LAYUP LINES	BLOCK TO BLOCK FINISHING	TIM HARDAWAY CROSSOVER DRIBBLING SERIES
PLAYERS	INDIVIDUAL	INDIVIDUAL	PAIRS	INDIVIDUAL
EQUIPMENT	N/A	2 BALLS	2 BALLS PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE, FULL OR HALF COURT	5 MIN EACH SIDE	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE, STATIONARY & MOVING, FULL OR HALF COURT OPTION
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>



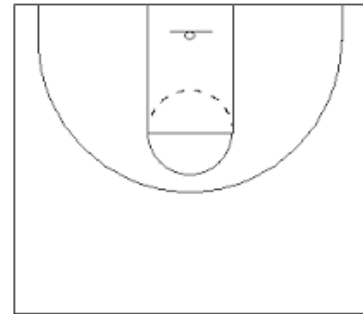
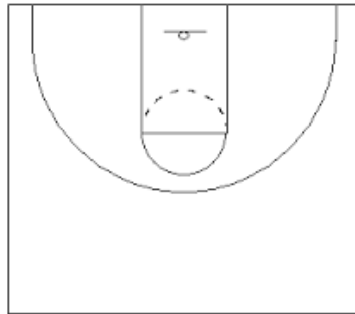
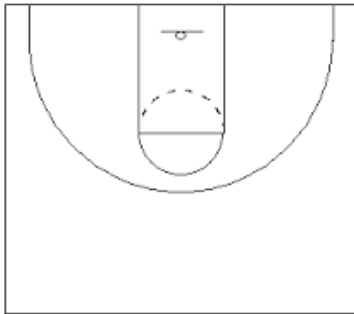
NOTES:

SKILLS & DRILLS	THE BOX DRILL FOR POSTS	COMBO MOVES FACING THE BASKET (GUARDS)	THE MIRROR DRILL	DRIBBLE PULL UP SHOOTING
PLAYERS	POST PLAYERS (SPLIT GUARDS & POSTS)	GUARDS (SPLIT GUARDS & POSTS)	PAIRS	INDIVIDUAL
EQUIPMENT	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PLAYER, CONES OPTIONAL	1 BALL PER PAIR	1 BALL PER PLAYER
RUN TIME	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR MAKES	FULL SEQUENCE FOR TIME, FULL OR HALF COURT ZIG ZAG OPTION	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>

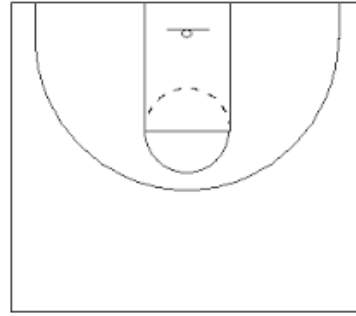
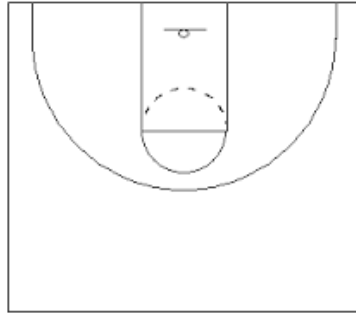
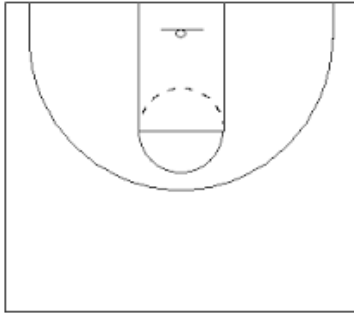
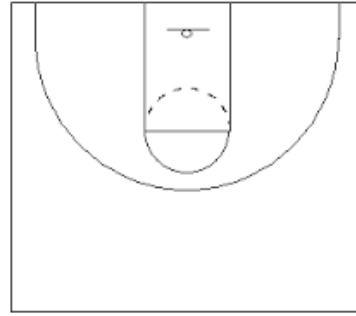
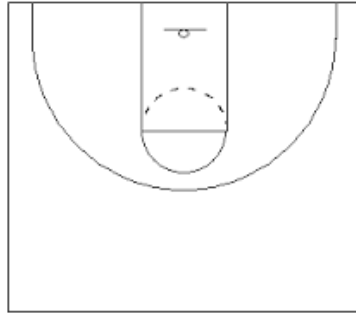
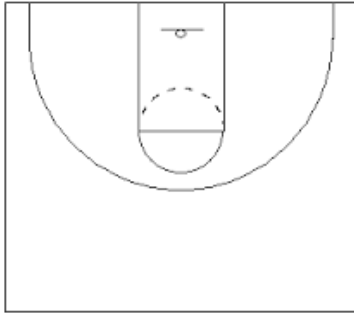


NOTES:

SKILLS & DRILLS	FOLLOWING YOUR SHOT	SLIDE - BACKPEDAL SQUARE DRILL	HOW TO SET A SCREEN	HOW TO DEFEND A SCREEN
PLAYERS	INDIVIDUAL	INDIVIDUAL	OFFENSE/ DEFENSE	OFFENSE/ DEFENSE
EQUIPMENT	1 BALL PER PLAYER	CONES/MARKERS	1 BALL	1 BALL
RUN TIME	SHOOT FOR TIME OR MAKES	FULL SEQUENCE FOR TIME OR REPS	REVIEW & RUN ON LEFT/RIGHT SIDES FOR TIME OR REPS	REVIEW & RUN ON LEFT/RIGHT SIDES FOR TIME OR REPS
VIDEO INSTRUCTION	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH	 SCAN OR CLICK TO WATCH



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