



- Warm-up —————> 5 minutes
 - Simon Says (Areas of the court) 1-5, Introduce 6-10
- Offensive Movements & Catching —————> 10 minutes
 - V-Cuts on the Wing (Walk down, plant, sprint out with hands up) #1

Water Break (1 minute)

- Form Shooting & Rebounding —————> 10 minutes (6:40)
 - Hand placement – “Scott the Dot”, Hold ball like a waiter and under chin
 - B.E.E.F. with partner (Hand, Elbow, Lock & Load, Snap) (On the floor at home)
 - Rainbow Shooting (two lines, two balls, work on form & rebounding)

Water Break (1 minute)

- Skill Work —————> 30 minutes (6:40)
 - Stationary Dribble (Right, Left, Crossover, V-dribble)
 - Obstacle Course
 - Dribble Relay (Halftime Drill)
 - Two line Passing – (Halftime Drill)
 - Shuffle Pass with partner
 - Lay-ups – High Five Drill both left and right hand, Introduce Ball (Halftime Drill)
- Recap & Huddle