



- Skill Work —————> 25 minutes
 - Stationary Dribbling – L/R, Crossover, protect the ball (Head up, below your waist)
 - Sprint Dribbling cross over to opposite hand (Under control)
 - 3 Person passing, no dribbling, full court
 - Lay-ups starting at elbow (remember high fives)

Water Break (1 minute)

- Offensive Spots 1-4 —————> 10 minutes
 - Talk offensive spacing
 - Don't bunch/crowd together
 - 3 seconds to get to a spot, new spot every time
 - Attack the basket on the dribble

Water Break (1 minute)

- Rebound & Outlet —————> 7 minutes
 - Grab the ball at the highest point with two hands
 - Pivot and pass (outlet) the ball to your teammate
 - Switch Lines

Water Break (1 minute)

- Pass, Cut and Replace —————> 15 minutes
 - No dribbling allowed
 - Good, clean passes
 - Pass and cut through the lane, like a give and go
 - Replace the passer
 - Spacing, don't bunch together
 - Find the open spot away from the pass