



# Preseason Virtual Training

<b>Week 1</b>	<b>Monday 7-Sep</b>	<b>Tuesday 8-Sep</b>	<b>Wednesday 9-Sep</b>	<b>Thursday 10-Sep</b>
	Labor Day - Off	Full Body Workout *Vertical Jump Focused Players should still bring a ball	How to prepare for tryouts *Classroom Style Players should bring a pen/paper	Ball Handling Workout *High Rep Focused Players need a basketball
<b>Week 2</b>	<b>Monday 14-Sep</b>	<b>Tuesday 15-Sep</b>	<b>Wednesday 16-Sep</b>	<b>Thursday 17-Sep</b>
	Full Body Workout *Upper Body Focused Players should bring a pen/paper	Shooting / Footwork into Shooting *Hoop preferred Players need a basketball	Inside Out Ball Handling Progression *Stationary then on the move Players need a basketball	Timed Competitions *45 second challenges
<b>Week 3</b>	<b>Monday 21-Sep</b>	<b>Tuesday 22-Sep</b>	<b>Wednesday 23-Sep</b>	<b>Thursday 24-Sep</b>
	Playing off the Catch *Footwork Focused Players need a basketball	How to be a great leader on your team *Classroom Style Players should bring a pen/paper	Shooting / Footwork into Shooting *Hoop preferred Players need a basketball	Full Body Workout *Cardio Focused Players should still bring a ball
<b>Week 4</b>	<b>Monday 28-Sep</b>	<b>Tuesday 29-Sep</b>	<b>Wednesday 30-Sep</b>	<b>Thursday 1-Oct</b>
	Post Play / Finishing *Hoop preferred Players need a basketball	2 Ball Tuesday *2 basketballs needed	Full Body Workout *Boot Camp Focused Players should still bring a ball	Ball Handling Workout *On the Move Players need a basketball

Sessions run daily 3pm - 3:45pm

Recordings will be emailed out to anyone who can't make the session daily.