

	5	10	15	20	25	30	35	40	45	50	55	60
Day 1	Team Rules, Whistle Practice, Triple Threat		Stationary Ball Handling	Shooting Fundamentals	Game Play: Dribble Jump Stop and Shoot		Team Play					
Day 2	Review Rules, Triple Threat, Stuck in the Mud		Stationary Ball Handling	Shooting (Dog Pound)	Partner Passing	Game Play: Pass and Shoot	Team Play					
Day 3	Inbound Pass and Hustle	Stationary Ball Handling	Ball Handling Partner Challenge		Game Play: Shoot and Rebound		Team Play					
Day 4	Pivot and Protect the Ball	Partner Passing w/ Defender		Shooting Race	Game Play: 2 v 1		Team Play					
Day 5	On Ball Defense	Belly Ball	Shooting: Make it Take it		Game Play: 1 v 1		Team Play					
Day 6	Getting Open and Denial	Take Top Foot/Go Back Door		Shooting Dog Pound	Game Play: 1 v 1 Get Open		Team Play					
Day 7	Giving an Assist	Defensive Trio	Game Play: 2 v 1		Game Play: 2 v 2		Team Play					
Day 8	Rebounding	Rebounding Practice		Partner Rebounding	Game Play: 2 v 2 Rebounding		Team Play					

Focus of the day with Gym Adminstrator

Fundementals with Coach

Controlled Scrimmage against other teams