

	5	10	15	20	25	30	35	40	45	50	55	60
Practice 1	Intro Team Rules	Stationary Ball Handling		Dribble Partner Challenge		Shooting on a line		Shooting Progression		Dog Pound	Jump Stops, Pivots, Passing	
Practice 2	Review Team Rules	Dribble Partner Challenge	Dribble Zig-Zag	Shooting Progression		21 Shooting		Jump Stops, Pivots, Passing	Take Top Foot		2 on 1 Get Open	
Practice 3	Dribble Zig-Zag	Belly Ball		Dribble Zig-Zag w/ Defender		Shooting Progression		21 Shooting	2 on 1 Get Open		Offense Intro	
Practice 4	Dribble Zig-Zag	Dribble Zig-Zag w/ Defender		Pivots, Rip, Ball Fakes	Catch, Read, Attack		2 on 2 Get Open		Team Offense		Inbounds and Sideline	
Practice 5	Dribble Zig-Zag	Dribble Zig-Zag w/ Defender	Pivots, Rip, Ball Fakes	Catch, Read, Attack		2 on 2 Get Open		Team Offense and Defense				
Practice 6	Dribble Partner Challenge	Shooting Progression		Box Out Walk Through		2 on 2 Rebounding		Team Offense and Defense				
Practice 7	Trio	Trio Ball Handling	Catch, Read, Attack		Protect the Paint			Team Offense and Defense				
Practice 8	Trio	Trio Ball Handling	21 Shooting		3 on 3			Team Offense and Defense				
Practice 9	Dribble Zig-Zag w/ Defender	Shooting Progression		3 on 3 Get Open		50 Passes		Team Offense and Defense				
Practice 10	Dribble Partner Challenge	Dribble Zig-Zag w/ Defender	Protect the Paint		3 on 2			Team Offense and Defense				
Practice 11	Dribble Zig-Zag w/ Defender	21 Shooting	3 on 3 Rebounding		3 on 2		Team Offense and Defense					
Practice 12	Dribble Partner Challenge	Trio Ball Handling	3 on 3 Rebounding		4 on 3		Team Offense and Defense					

Fundamentals

Breakdown

Controlled Scrimmage