

T	V	B	2	0
250 between the legs (125 ea.)	50 made freethrows	100 burpees	100 calf raises	250 crossovers
50 made right handed layups	100 Lunges	10 made 3's each spot - 5 spot shooting	100 sit-ups	1 hr form shooting
30 made catch and shoot ea. spot- 5 spot shooting (2's)	50 made left handed layups	Free Space	30 minutes of jump rope	100 squat jumps
250 behind the backs	30 made shots off the dribble- 5 spot shooting (2's)	30 made reverse layups (15 ea. hand)	50 push-ups	125 cross, between, behind moves (ea. direction)
75 min cardio 1 week (15min a day) - sprints, running, etc.	250 "V" dribbles (125 ea. hand)	100 defensive slides	50 made jump stop step thru layups	250 side "paint brush" dribbles (125 ea. hand)