



- Warm-up & Skill Work —————> 23 minutes
  - 2 Line Lay-ups
  - Station Work (6 minutes a piece x3)
    - 1 v 1 from Wings (Sprint to get open, one move, 5 dribble limit)
    - Rebound Put Back (Strong with the ball, keep it high)
    - Dribbling 1 and 2 ball (Under control, push abilities)

**Water Break 1 minute**

- Small Sided Game —————> 10 minutes
  - 2 vs 1 (Half Court, make at least one pass)

**Water Break 1 minute**

- Underneath Out of Bounds —————> 10 minutes
  - Free Throw Line (Name) – Learn (UOB #1)
  - Face-Up Defense - Demonstrate
  - Box (Up and Cross) - Go over spots, no play yet

- Half-Court Offense —————> 15 minutes
  - Pass, Cut, Replace (3 V 0)
    - Keep your Spacing (Use cones)
    - Hands up and look for the ball (high five coach under basket)
    - V-Cut to get open, good passes (Explain & Demonstrate)