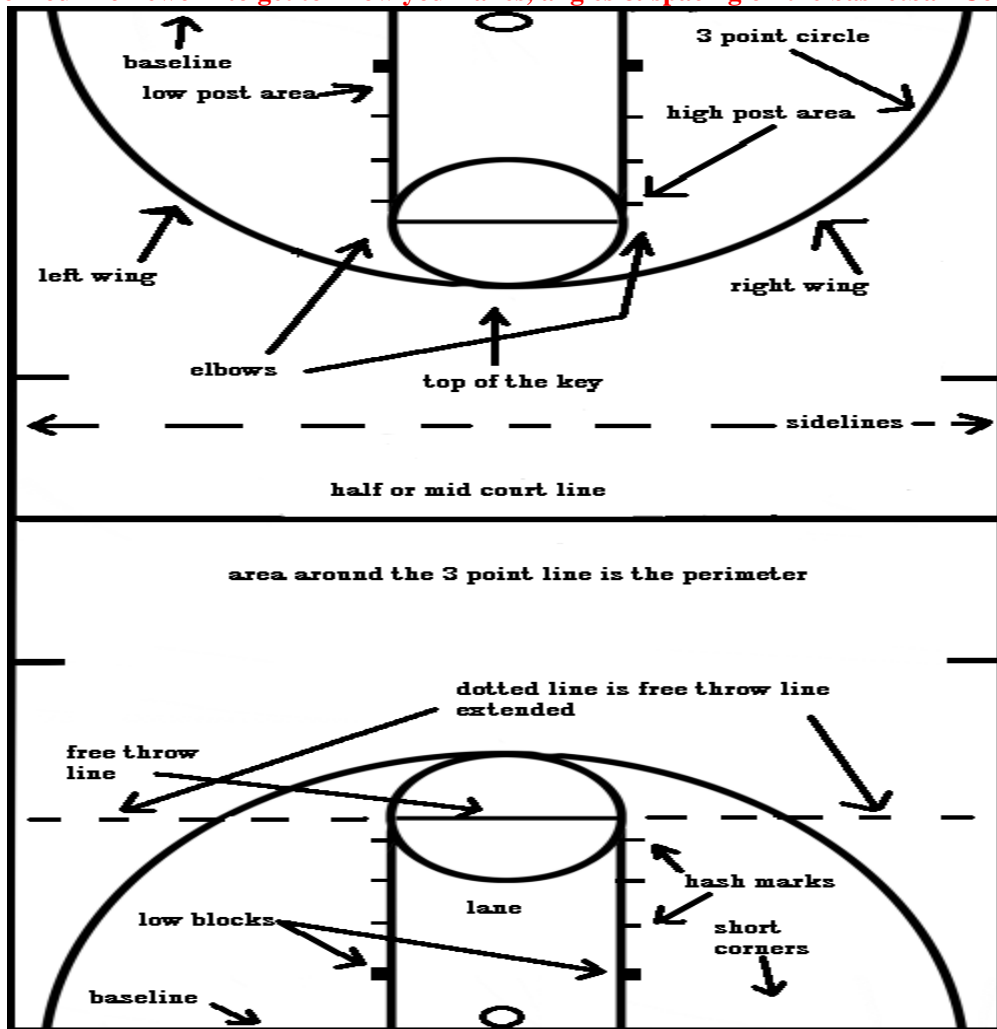


Week 16

# Basketball Court Diagram

PLAYER NAME: \_\_\_\_\_

(Do Your homework to get to know your lanes, angles & spacing on the basketball Court)



**NO PACKET/ NO PLAY**

## Week 16

**PLAYER NAME:** \_\_\_\_\_

### NO PACKET/ NO PLAY

DRILL	Total	GOAL
Push-ups (1 min)		50
Sit-ups ( 1 min)		50
Squat Jumps		50

DRILL	How many Behind the back then crossover dribbles in 2 min R-hand (1min) L-hand (1min)
1 Ball Stationary Dribbling	

DRILL	How many 2 Ball front to back dribbles in 2 min
2 Ball Stationary Dribbling	

DRILL	SHOTS MADE	Total SHOTS
Free-Throws		15

DRILL	SHOTS MADE	Total SHOTS
PUMP FAKE CROSSOVER Lay-Up		15

DRILL	SHOTS MADE	Total SHOTS
PUMP FAKE 1 DRIBBLE Jump shot		15

DRILL	SHOTS MADE	Total SHOTS
PUMP FAKE CROSSOVER floater		15

DRILL	SHOTS MADE	Total SHOTS
PUMP FAKE 1 DRIBBLE CROSSOVER Jump shots		15

DRILL	SHOTS MADE	Total SHOTS
PUMP FAKE FULL COURT DRIBBLING JUMPSHOT FOLLOW W/LAY-UP		15