

| <b>Team</b>       |               | <b>OUR CULTURE</b>      |                                                            |
|-------------------|---------------|-------------------------|------------------------------------------------------------|
| <b>Practice 1</b> |               | 1) FOCUS - Fundamentals | Our PROCESS > Outcomes                                     |
| <b>Date</b>       |               | 2) Confidence           | #1 characteristic we work on                               |
|                   |               | 3) Hard work = Rewards  | Work Hard = Become Better = GET REWARDED                   |
|                   |               | 4) HAVE FUN             | MOST IMPORTANT - we will have a ton of fun                 |
|                   |               |                         |                                                            |
|                   |               |                         |                                                            |
|                   |               |                         |                                                            |
| Time              | Skill         | Drill                   | Notes                                                      |
| 5:00-5:01         | Opening       | Speech                  | Opening Thoughts                                           |
| 5:01-5:03         | Warmup        | Dynamic Warmup          | a) High Knee, b) Skip, c) Carioca, d) Backpedal, e) Sprint |
| 5:03-5:13         | Conditioning  | Outlet Pass             | Beginner - Cross Court, Advanced - Full Court              |
|                   | "             | 3man weave              | Beginner - 1/2 Court, Advanced - Full Court                |
|                   | "             | Defense Slides (2x)     | Foul line and 3 pt Line                                    |
| 5:13-5:21         | Layups (3x)   | 2 Foot                  | Work both left and right sides of the court                |
|                   |               | 1 Foot                  |                                                            |
|                   |               | 1 Dribble               |                                                            |
|                   |               | Give and Go             |                                                            |
| 5:21-5:29         | Ball Handling | Anchor                  |                                                            |
| 5:29-5:34         | Passing       | 1 Hand Pass             | Chest Pass (L&R) / Pass and CATCH                          |
| 5:34-5:35         | Water Break   |                         |                                                            |
| 5:35-5:42         | SAQ           | Wall Sits (2x)          | 30 sec                                                     |
|                   |               | Line Jumps (2x)         | 25 sec                                                     |
|                   |               | Air Squats (2x)         | 6-8 reps - Jump on last rep                                |
| 5:41-5:44         | Shooting      | Ground                  | On Your Back - 1 hand release (Shooting Pocket)            |
| 5:44-5:47         | "             | Mirror                  | Face Partner - Hip-Shoulder-Release-Follow Through         |
| 5:47-5:50         | "             | Form                    | 2 ft (5 makes x 3 spots)                                   |
| 5:50-5:56         | "             | Around the World (2x)   | 1st Round - 6 Ft, 2nd Round - 10 Ft                        |
| 5:56-5:59         | Layups        | Mikan                   | 8-10 Layups (4-5 Each side)                                |
| 5:59-6:00         | Free Throws   | FT + Run                | Each player gets 1 FT - Run on Miss                        |
| 6:00-6:01         | Closing       |                         | Final Thoughts                                             |
|                   |               |                         |                                                            |