

10	Fundamentals
	Dribbling-dribbling routine that stays the same and then progress as improvements
	Jab series-passing, catching, make jab, and drive
15	Transitions
	Flayups- layup and fast break transition layup
	11 man
20	Offense
	Dribble drive- drive handoff and drive kick and add continuous drive kicks
	Whole offense no defense
15	Defense
	Defend picks abd handoffs
	Shell defense for perimeter passing and then dribble drive
15	Live
	Start from ft, sideline, or other parts
15	Breakouts/shooting
	Ft shooting
	Individual skills
90	