



- Warm-up
  - High Five Drill & Two Line Lay-ups
- Underneath Out of Bounds
  - Free Throw Line
  - Box – Up
  - Box – Cross

5 minutes

10 minutes

**Water Break (1 minute)**

- Combination Drill
  - Back-up dribble x 3
  - Give and Go to a Lay-up
  - Crossover using cones, Full court into a lay-up

14 minutes

**Water Break (1 minute)**

- Pump Fake to Power Shot
  - Start at Elbow, pump fake, one dribble to power shot
- Small Sided Game
  - 2 vs 1 Half Court (Make at least one pass)

10 minutes

10 minutes

**Water Break (1 minute)**

- Competition Drill
  - Race to Defend

8 minutes