



### ***EXTREME EFFORT, EXTREME FUN***

- 8:15 Warm Up
- 8:20 Stretch
- Reminder—
- 8:30 6-minute Threes (Bunny Hop, Good passing, No Dipping)
- 8:36 Carolina Lay-Ups (passer sprint to short corner out of the way)
- 8:38 5-0 fast break to press (curls don't forget to roll up as PG penetrates)
  - 1. PG
  - 2. RW
  - 3. LW
  - 4. Post Head Up
  - 5. Trail kick
  - 6. 1 pass to 4 screen, 4 pass to 2 screen, LW three
- 8:45 Raining Threes (team with the most wins)
- 8:50 Drink
- 8:51 Rebound Anticipation Drill—Ball hits the ground you owe 10 in and outs
- 8:55 4-spot drive and kick and  
Pass and Screen Away
- 8:59 Drink
- 9:00 1-2-2 ½ court Guanlet (Defense don't give offense the advantage to start)
- 9:09 Drink
- 9:10 Rapid Fire (team with most attempts wins plus makes wins) In and outs
- 9:14 15 second lines (goal is 6)
- 9:15 Drink
- 9:16 5 on 0 Full Court
  - Focus on short corner cut, dribble attack elbow, kick with three
- 9:26 Kick-In—Kick Out
- 9:30 5-0 Option
  - 1 pitch with natural screen for 2
- 9:35 5-5 3 possession
  - 2 worth 1. Foul shooter is worth one
  - 3 worth 2. Foul shooter is worth two
- 9:45 21 Threes
- 9:48 Tag Lines with Ball (Losing Team has 25 in and outs)
- 9:52 10 Threes in a minute
- 9:55 Bring It in