



- (A) 6 Cone FC Drills
- Both lines go length of court making designated cone + cone
 - Score 11/11 up rim w/ coach waiting with pad
 - In and out, Behind back, hesitation, retreat dribble
 - Going both R & L
- (B) Penetration and Kick Shooting
- Baseline drift
 - Stop stop
 - Corner kick • corner lift
 - Loop (Complete Loser Runs)
- (C) Cardinal - Alternating 2v1 drill starting with skip across half court
- (D) Texas 121 - 1v1 then 2v1 Full court
- (E) Texas 222 - 2v1 then 2v2 Full court
- (F) Texas 333 - 3v2 then 3v3 Full court
- (G) Blood series - Continuous 2v2 advantage
- Validate drills with FTs if miss then pad
- (H) 3 guys 2 ball shooting - constant movement and pad

- Non-negotiables
1. Sprint back on defeat
 2. Ball pressure
 3. Talk on defense

Violation = End of drill