



Thursday, October 15th, 2026

Warmup

Quickjumps, Stutter Steps
T-Rex / Deep Steps
Fingertip and wall drill

Drills

Passing focus tonight
3 Player weave

Tip Drill

Machine Gun Drill

possibly the Courivea Drill

Message

10 "C's" of Basketball #2 & #3

CONDITION What is being in basketball condition mean?

You can be in fantastic physical shape, but be out of condition to play basketball! WHY and HOW?

COMMITMENT (concentration, condition)

Dedication, to self-improvement, skill development, and excellence.

Doing what it right and having a plan.

Games - 4 minute games **NO DRIBBLING FIRST GAME**

keep to your man, do not chase the ball

USE YOUR VOICE / 2 PASSES after 1/2 court / Move w/out the ball

KEEP YOUR SPACING! DO NOT CLOSE IN ON THE BALL!

Pass and Move // Move to the ball

TRUST YOUR TEAM!

Cleanup and head home

Extended Program? Who is interested??

I need at least 10 dedicated players for extended

