Monday, October 5th, 2026

Warmup

Stretch, Warm-up, Dribble Jogging
Quickjumps, Stutter Steps
Deep Steps, Side Steps

Drills

Red Light / Green Light

Footwork Drill

Message

Welcome

Expectations

on time, ready to play, shoes, shorts etc., ready to learn, ready to work hard

Goals

to help you develop your dribbling, shooting, passing and mostly your teamwork.

Respect the coaches as you would me.
Respect each other and yourselves.
Aim to learn and become better each and every week. NO Horseplay, that leads to injury

Games - 4 minute games

3 on 3, give each other one arms length 1/2 Court Defense
man to man defense - **keep to your man, do not chase the ball**
remember to space yourselves, remember your position and role
USE YOUR VOICE / 2 PASSES after 1/2 court / Move w/out the ball
KEEP YOUR SPACING! DO NOT CLOSE IN ON THE BALL!
MOVE THE BALL.
TRUST YOUR TEAM!

Cleanup and head home

NO BALL NEXT WEEK
THANKSGIVING WEEKEND.
Remember to be Thankful