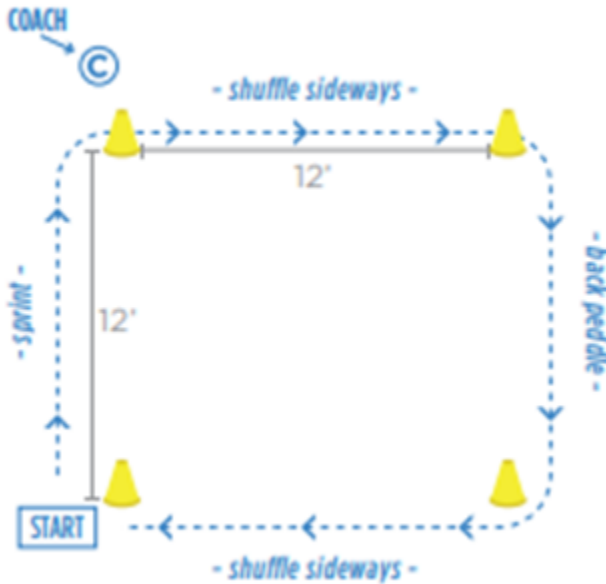


1. DEFENSIVE MOVEMENT

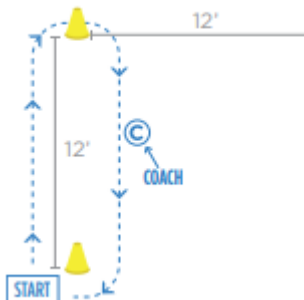
Players will start at cone one and when instructed sprints forward to the second cone. Upon reaching the second cone players shuffle sideways to their right to the third cone. Players will then back pedal to the fourth cone followed by a shuffle sideways to the left to the starting cone. Players continue in this pattern until 30 seconds expires. Record the number of cones completely reached.



Record the number of cones reached (not laps) in this box.

2. SPEED DRIBBLE

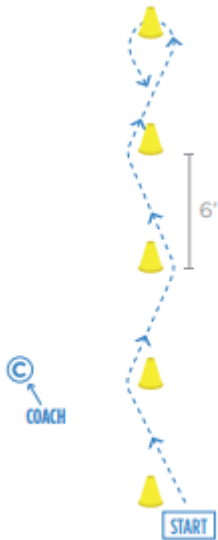
Show the two cones that are 12' apart the player is to use. Each player will have 30 seconds to dribble in an oval around the two cones. Players may use either hand. If they are left-handed, they should begin to the left side of the first cone or if they are right-handed, they should begin to the right. Record the number of cones reached.



Record the number of cones reached (not laps) in this box.

3. CROSSOVER DRIBBLE

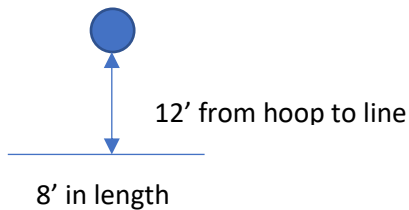
Show the five cones that are in a straight line the player is to use. Each player will have 30 seconds to zig zag between the cones and perform a crossover dribble at each cone (meaning they switch they hand they are dribbling with). Record the number of cones reached and a technique score.



Record the number of cones reached
(not laps) in this box.

4. SHOOTING

Mark a line 12' from the front of the basketball rim. Make the line 8' in length.



- Players will get 5 shots from the free throw line you have just created.
How many did they make out of 5? _____
- Player will dribble toward the hoop from the line you have created and attempt 5 layups.
How many did they make out of 5? _____
- The player will now attempt 5 shots and alternate between the left end and right end of the 8' line you created.
How many did they make out of 5? _____