



Design your own basketball workout!

Directions:

1. View the drill demonstration videos in the video tab on the website
2. Pick out a group of 5-8 drills and write them down on the chart below.
3. Write down at least 2 key points from the drill in the table below
4. Take the list out to the basket and practice the drills
5. Record how many times (or how long) you did the drill.

Drill Category <small>(Shot reboot, Dribbling, etc)</small>	Name of Drill	Key Points to Remember for the drill	# of repetitions <small>(or amount of time)</small>

Question: What do you feel you need to work on next time out? _____
