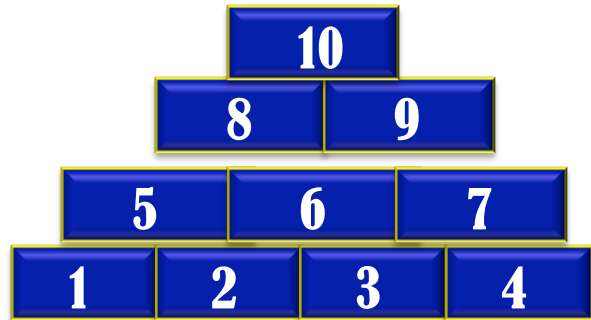


**Wednesday November 12<sup>th</sup> 2014**



Day's Focus: The Journey

Quote of the Day: "Don't let your current success determine your future success."

**1. Introduction**

- a. Take Attendance
- b. Explanation of Day's Focus

**2. Stationary Dribbling**

- a. Wide Base with feet. Hard Dribble.
- b. Quick Feet on b/w the legs
- c. Post Dribble Work

**3. Full Court Dribbling**

- a. Focus on speed in and out of move
  - i. Short steps coming in. Big Steps coming out
  - ii. Shoulders and chest over your feet.

**4. Water Break**

**5. Attack Retreat Dribble**

- a. Retreat Dribble at 1<sup>st</sup> Defender/cone
  - i. Get some space and then attack 2<sup>nd</sup> defender/cone

**6. Post Dribble Work**

- a. Flip of the feet
- b. 2 Hard Dribbles

**7. Make It Take It**

**8. Class Photo**

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