

Notes: O= SHOT SELECTION/ ATTACK ELBOWS D= EARLY HELP

m	Time	I	Emphasis	Description																																										
0	09:45			Film Session																																										
	09:45																																													
0	09:45			STARTS, STOPS AND TURNS																																										
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<table border="1"> <thead> <tr> <th>m</th> <th>I</th> <th>Drill</th> <th>m</th> <th>I</th> <th>Drill</th> </tr> </thead> <tbody> <tr> <td>0</td> <td></td> <td>Ballhandling/ Dribble Series</td> <td>0</td> <td></td> <td>Ballhandling/ Dribble Series</td> </tr> <tr> <td>0</td> <td></td> <td>Early Bk 2 on 0 Pen/ Post...</td> <td>0</td> <td></td> <td>1 on 0 Post Early, Late, Fo...</td> </tr> <tr> <td>0</td> <td></td> <td>3 on 3 Exchange-Dig Post</td> <td>0</td> <td></td> <td>Early/Sec Break 2 on 0 Fo...</td> </tr> <tr> <td>0</td> <td></td> <td>3 on 3 Blockout</td> <td>0</td> <td></td> <td>2 on 0 DRIBBLE AT Backcuts</td> </tr> <tr> <td>0</td> <td></td> <td>IBA Drill</td> <td>0</td> <td></td> <td>1 on 1 Post UP</td> </tr> <tr> <td></td> <td></td> <td></td> <td>0</td> <td></td> <td>2 on 2 Blockout</td> </tr> </tbody> </table>					m	I	Drill	m	I	Drill	0		Ballhandling/ Dribble Series	0		Ballhandling/ Dribble Series	0		Early Bk 2 on 0 Pen/ Post...	0		1 on 0 Post Early, Late, Fo...	0		3 on 3 Exchange-Dig Post	0		Early/Sec Break 2 on 0 Fo...	0		3 on 3 Blockout	0		2 on 0 DRIBBLE AT Backcuts	0		IBA Drill	0		1 on 1 Post UP				0		2 on 2 Blockout
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0	09:45			Boston Breakdown (2 V 0)																																										
	09:45			2 ON 2																																										
0	09:45			5 on 5 Half Court																																										
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