



HATFIELD

XL 2v2 League Mock Practice:

Length: 60 minutes

Ages: 7-9 (Coed)

FDU Stretch - 3 minutes.

Partner Dribble & Pass Full - 2x60 seconds.

Aim Layups - 3x60 seconds *Two half court groups.

-Side of the backboard

-Two Foot Layup

-Downhill Layup

V Cut and Score Series - 3x 60 seconds *Two half court groups

-V Cut/ Look at the rim

-V Cut/ Sweep Through and Drive

-V Cut/ Jab Step and Score

SSG *Two Half court Groups

-2v2 Square Closeouts

4 minutes

Rebel Drills *Two Half court Groups

3 minutes

All Star Shooting *Two half court teams

3 minutes

Water

1 minute

Notre Dame 2-on-0 Work *Two Half court groups.
3 minutes

2v2 Half Court *Two half court groups
7 minutes
-max dribbles every time a player touches the ball

Workout Wrap Up

#NEVERSTOPPLAYING