



Offensive Skills Clinic

10 min	Introductions
10 min	Stationary Ball Handling
15 min	Chill Drill (Drill Sheet)
5 min	Water
5 min	Lay-Up Demonstration
10 min	Elbow Lay-Ups (Drill Sheet)
5 min	Water
5 min	Form Shooting Demonstration
5 min	Form Shooting
10 min	Partner Shooting
10 min	Partner Shooting Competitions
5 min	Water
10 min	Continuous Curl Shooting (Drill Sheet)
15 min	Sprint Shooting