





	to run.					
10	Water	1	85	1:19p-1:20p	Break	40
	<b>Notes:</b> 1 minute to get water					
11	Shooting Reps	30	115	1:20p-1:50p	Shooting	10
12	2 Free throws/Talk/Clean up	10	125	1:50p-2:00p	End of Practice	0
	<b>Notes:</b> Make 2 Free Throws - 1 Miss Sideline 8 in 30 seconds - Miss 2 25 Pushups - Rate Practice out of 10 - Balls up, Clean and Clear out.					