

**12-2-08**

- 2:45 Shooting
- 2:50 Stretch
- 2:55 Sweep-lay up/runner/pull up J
- 3:00 Partner shooting 15' 3 Dribble J
- 3:10 Post moves- J hooks face up J Up and Under
- 3:15 Deny the wing
- 3:25 1 on 1 from the top
- 3:30 1 on 1 from the wing
- 3:35 Water
- 3:40 OOB sideline-Spartan & Iso OBB Under-Pinball & Bomber
- 3:50 Transition- wing/post/trailer/post/secondary 1<sup>st</sup> 2<sup>nd</sup> and shooter
- 4:00 Press breaker 1-2-1 & 4 across
- 4:10 Dog 2 to 2/5
- 4:25 Swing
- 4:30 3 strikes
- 4:45 Ft's