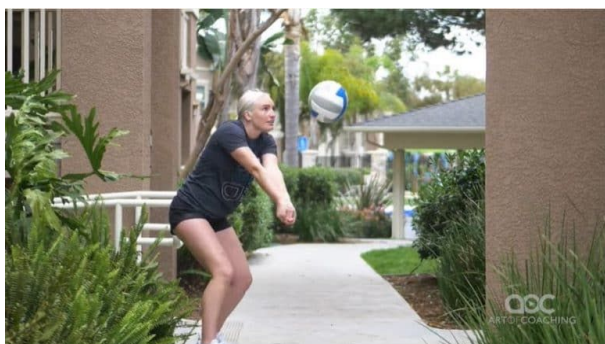




Covering everything from basic skill work to core strengthening to agility training, these short, quick-hitting videos are jam-packed with information and easy to watch!



Easy Wall Passing and Setting



Ball Handling Progression



Laid Back Setting and Core Drill

Plus More!

How the challenge works:

1. [Download the Athlete worksheet](#) and record your results every time you complete a drill at home over the next few weeks (be sure to watch the video for each drill to see how it works). Your goal each time is to try beating the scores from the time before.
2. When practice resumes, your coach will use your first practice to test all athletes on the challenge drills and record each player's best result for each drill. Your coach will log these onto their worksheet.
3. Once our club goes back to practices, all teams will submit their challenges to the club director and all players who participated consistently will receive prizes!

[CLICK HERE TO BEGIN!](#)