Body Weight	Push Ups	Pull Ups	Dips	Lunges	Square Jumps	Rope Jumps
Player's Name:	# in 60 sec.	# in 60 sec.				
			-			
			+		_	-
		-	+	-		_

Shooting		Foul Shots Shot Progression (2 play				Beat The Pro (2 players, one ball, start at foul shot)	
Player's Name:		# made / 20		#Swish	#Made		[Score] in 60 sec.
							[occord] in the control
	H						
						+	
						ł	
						1	
						+	
						+	
						1	

Layups	4way Mikan Drill (2 players, one ball, 2 chairs)	D	Dribble rive defense)	Perfections			
Player's Name:	# in 60 seconds	Makes	Misses	Makes	Misses	Errors	
•							
	 						
	+	-		-			
		-		-			
		-		_			
				-			
		-		-			
				_			
		-		_			

Movement	4pt Shuffle Drill	Dribble Cone Sequence (crossover, b/back, spin, betwn legs)	Sprint (down/back)	Jump Height (on wall or backboard)
Player's Name:	# trips in 60 sec.	# trips in 60 sec.	time (seconds)	Rank on team
	$\overline{}$			
	$\overline{}$			
				\vdash
	\vdash			
	\vdash			
	\vdash			
	-			-
	-			-
				_
	-			
	-	ļ		
	-			
	-			
	-			
	-	_		-
	\vdash			
	\vdash			
	 			
	 	 		
	 	-		
	\vdash			
	\vdash			
	\vdash			