| Day 1 | Day 2 | <u></u> | Day 3 | Day 4 | Day 5 | Day 6 | Shoot 10 per spot (Record Makes) CATCH the Pass - Step Up with Right Foot CATCH the Pass - Step up with Left Foot RIGHT Hand - RIGHT Foot - Rhythm Dribble LEFT Hand - LEFT Foot - Rhythm Dribble |
|-------|-------|---------|-------|-----------|-----------|-----------|---|
| | | | | | | | CATCH the Pass - Step Up with Right Foot CATCH the Pass - Step up with Left Foot RIGHT Hand - RIGHT Foot - Rhythm Dribble LEFT Hand - LEFT Foot - Rhythm Dribble |
| | | | | | | | CATCH the Pass - Step Up with Right Foot CATCH the Pass - Step up with Left Foot RIGHT Hand - RIGHT Foot - Rhythm Dribble LEFT Hand - LEFT Foot - Rhythm Dribble |
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