

HOOPS EDUCATION



Getting Buckets: Perimeter Workout Tracker

| | Day 1 | Day 2 | Day 3 | Day 4 |
|----------------------|-------|-------|-------|-------|
| Ball Handling | | | | |
| A Group | | | | |
| B Group | | | | |
| C Group | | | | |
| D Group | | | | |
| E Group | | | | |
| 590 Drill | | | | |
| A Group | | | | |
| B Group | | | | |
| C Group | | | | |
| D Group | | | | |
| 372 Drill | | | | |
| A Group | | | | |
| B Group | | | | |
| C Group | | | | |
| D Group | | | | |
| Start time | | | | |
| Finish time | | | | |