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| Player Name | **Drill 1 Fitness Level**1. Advanced 2. Medium 3. Low | Speed 1.Fast 2. Medium 3. Slow | Defence Slide Correct 2. Incorrect | 1. Correct 2. Needs Work
 | 1. Correct 2. Needs Work
 |
| **Drill 2 Passing** | Chest Pass | Bounce Pass | Footwork & Leading | Catching | Triple Threat/Faking | Communication | **Drill 3****Ball Control** | Left Hand Dribble Strength | Left Hand Ball Control | Right Hand Dribble Strength | Right Hand Ball Control | Body Control | Footwork |
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| Player Name | 1. Correct 2. Needs Work
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| **Drill 4 Driving & Intensity** | Drop Step | Triple Threat | Fake (Jab Step/Shot Fake) | Straight Drive | Crossover Drive | Left Side | Right Side | **Drill 5****Shooting & Driving Strategy** | Opposite Lead to Command | Triple Threat | Reading Defence | Faking | Jump Shot | Driving | **Drill 6 Strength & Shooting** | FT Shooting Technique | Box Out | Rebounding | Reading Outlet |
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| Player Name | Speed & Intensity | Power & Strength | Knowledge of Game | **Offence** | Triple Threat | Passing | Catching | Dribbling | No Ball – Court Movement | Reading Defence | Faking | Three Point Shot | Jump Shot | Layup | Communication | Team Work | **Defence** | Attack Defence | Help Defence | Retreat Defence | Under the basket defence | Boxing Out | Rebounding | Outlet for Fast Break | Communication |
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