

	MONDAY - Preston	TUESDAY - Preston	WEDNESDAY - Preston	THURSDAY - Preston	FRIDAY -Preston
4:00 - 4:30	TJ/Julio	PJ/Chase	PJ/Julio	PJ/Raz	Sekou/Raz
Rover	chase	Dev	Sekou	Emilio	emilio
4:30 - 5:00	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine
Rover					
5:00 - 5:30	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine
Rover					
5:30 - 6:00	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine	Crt 1: Shooting/Footwork Crt 2: Ball Hand/Speed /Shooting machine