Practice Planner

Point system 1pt for 5 mins, 2 points for 10min , 5 points for 30 min

	Ball handling			Shooting				Rebounding			Defense			
Date	**Dribbling**	**Passing**	**Juggling/spining**	**layup**	**Elbow**	**Foul shot**	**Around world**	**Blockout**	**Follow shot**	**Squezze Tennis ball**	**Slide**	**Jump Rope**	**Play Pickup**	**Total Points**
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