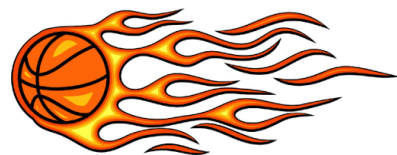




KILLARNEY COUGARS BC



PLAYER IMPROVEMENT DRILLS

DO ALL THE DRILLS FOR 1 MINUTE AND RECORD AMOUNT SCORED IN THAT TIME

<u>WEEK 1</u>	LAY UPS RIGHT HAND	LAY UPS LEFT HAND	MIKANS	REVERSE MIKANS	FINGER ROLL LAY UPS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

SHOOTING ROUTINE

***SHOOT 10 FROM EACH SPOT AND RECORD AMOUNT SCORED
E.G - SHOOT 10 FROM RIGHT BLOCK/10 FROM LEFT BLOCK***

<u>WEEK 1</u>	BLOCK RIGHT/LEFT	ELBOW RIGHT/LEFT	SHORT CORNER RIGHT/LEFT	FREE SHOTS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				