

Jim Brogan's

Basketball Academy

...Inspiring and empowering young people every day.

This is your key to success. Write down your goals and record your results! Bring this sheet back with you to the next session.

Touch Drill = 120 shots

DAY	TIME	COMMENTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Foul Shooting = 10 minimum

DAY	MADE	COMMENTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Two Ball Dribbling = Simultaneous and Alternating

DAY	TIME	COMMENTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

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