



# Arruda's Basketball Club Workout Guide

## ABC LIKE 1 2 3

Every workout we try to focus on and get better at 3 specific skills in each of the 15 minute segments. We expect you to keep track of the work you have done and lessons you have learned and apply them into your everyday workout routine by yourself.

"The true test of a man's character is what he does when no one is watching." - John Wooden

### **Concept 1 -**

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### **Drill Name & Description**

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### **Reflection Plan - Strengths, Weaknesses, Questions?**

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### **Concept 2 -**

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### **Drill Name & Description**

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### **Reflection Plan - Strengths, weaknesses, questions? -**

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### **Concept 3 -**

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### **Drill Name & Description**

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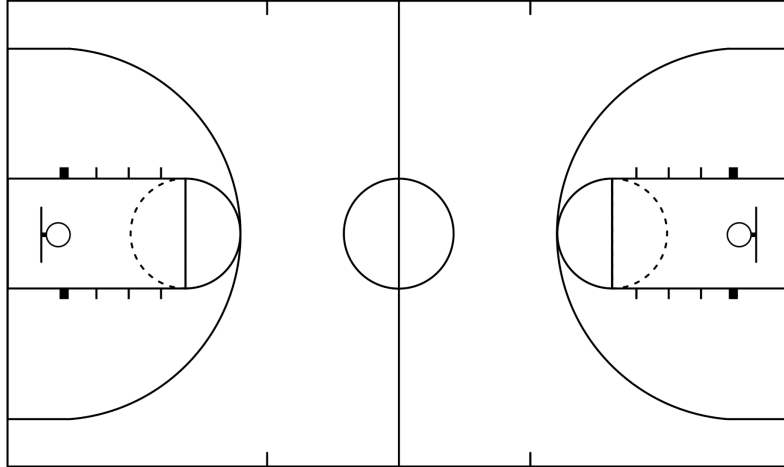
### **Reflection Plan - Strengths, weaknesses, questions? -**

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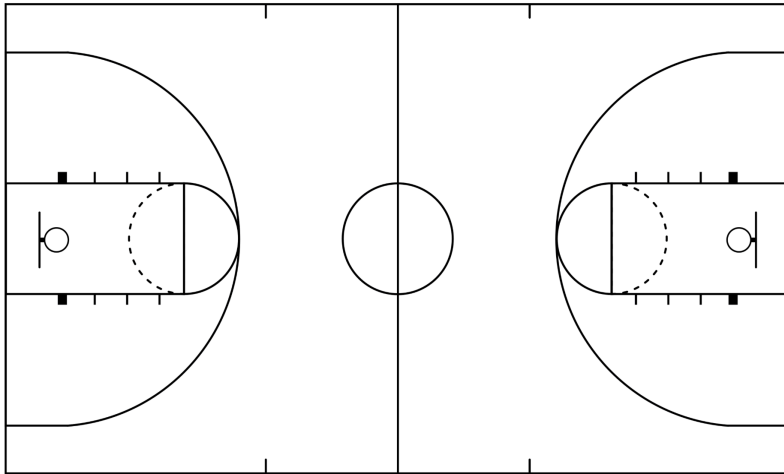
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Basketball Court Diagram



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