



BEST
BASKETBALL

**Nothing
but your
BEST in
every
workout!**



YOUR NAME

SITE LOCATION

SITE INSTRUCTOR

COURSE GOALS

LESSON 1

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 2

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 3

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 4

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 5

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 6

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 7

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 8

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 9

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 10

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 11

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:

LESSON 12

Workout counts with a minimum of 20 minutes on the BEST drills per workout.

1

2

3

4

5

BEST fundamentals to be mastered:

BEST drills that need to be used:



**Nothing
but your
BEST in
every
workout!**

TOTAL COURSE
WORKOUTS

SITE INSTRUCTOR

PARENT SIGNATURE

T-SHIRT SIZE YOUTH : ☐ S ☐ M ☐ L ADULT: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL
