

BASKETBALL SKILLS TRAINING TRACKER

Athlete: _____
Week Of: _____

SKILL CATEGORY	DAILY GOAL / REPS	PROGRESS (M T W T F S S)
Ball Handling	10 mins Crossovers / Figure 8s	
Shooting	50 Form shots / 20 Free throws	
Finishing	25 Mikan Drills (Left & Right)	
Conditioning	Suicides or 15 mins Defensive slides	

Goal: Complete 80% of total checkmarks

Reward: _____

Coach/Parent Notes: