

# middle school schedule



VERITAS ACADEMY

## ATHLETICS

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### Monday

**1:00pm - 2:00pm - Speed and Ability**

**2:00pm - 3:00pm - Basketball Skills**

**[ Ball Handling ]**

Every Monday we will focus on ball handling, strong dribble, control of the basketball and being explosive off the dribble.

We will work on multiple dribble combinations with an emphasis on being creative with the basketball



### Tuesday

**1:00pm - 2:00pm - Strength and Conditioning**

**2:00pm - 3:00pm - Basketball Skills**

**[ Defense / Conditioning ]**

Every Tuesday we will work on defensive concepts. We will make sure we are building players that are comfortable competing on offense and defense. We will work on defensive slides, close outs, cutting off the offensive players angles and being able to guard without fouling. We will implement an abundance of full court defensive drills in order to build a well conditioned athlete.