COACH DECK RESOURCE \$15.00

Take advantage of this convenient full deck of 52 cards of practice drills colour coded by four categories including "Shooting", "Dribbling", "Passing", and "Defense" with illustrations and three difficulty levels!

Fits nicely in your pocket or **INCLUDED IN COACH DECK:** team bag! Level 1 Difficulty = 36 cards 7 cards on shooting o 11 cards on dribbling 8 cards on passing o 10 cards on defense Level 2 Difficulty = 12 cards 5 cards on shooting 2 cards on dribbling o 3 cards on passing 2 cards on defense Level 3 Difficulty = 4 cards 1 cards on shooting 0 cards on dribbling AROUND THE CONE 2 cards on passing 1 cards on defense Extra Cards = 2 cards (front & back) How to Use CoachDeck Terminology **Practice Tips** CoachDeck Safety Where they go: Balls lined up reasonable distance as further back in middle (top of Player starts at cone and runs to one ball and side, with other foot. • Continue until finished with all ten balls. WWW.COACHDECK.COM Make it a Game: Each player gets set amount of makes most shots.

CoachDecks are available for purchase at the SYSI Office during office hours.

Contact 975-3413 for further information.