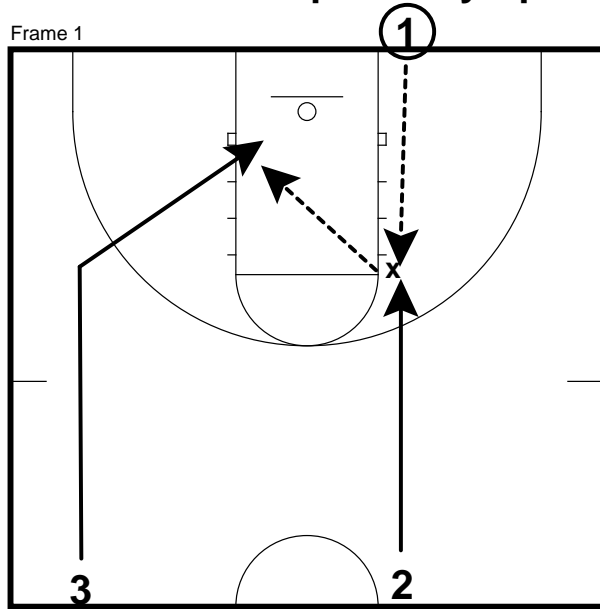


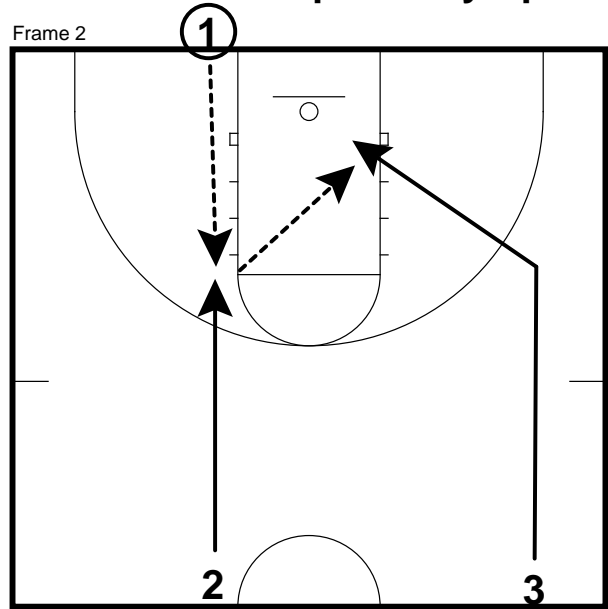
FSU Practice Drills

Colson Full Speed Lay-ups



Player 1: Talk, bounce pass, call #. Player 2: Full speed, jump stop, pass through defender, call #. Player 3: Full speed, call lane, sharp angle, made lay-up.

Colson Full Speed Lay-ups



The goal of this drill is to get 10 perfects IN A ROW on each side. EVERYONE MUST COUNT. If anyone forgets anything, they go back to zero.