

# DRILL LOG

Date	Player	Phase	Workout Name	Drill Name	Location	Workout Block	Drill Format	Target / Rules	Sets	Target	Score	Att
06/07/25	Anaya Beard	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Anaya Beard	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Warm-Up	Makes Only	Make 40	4		40	
06/07/25	Anaya Beard	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Mid-Range Pull-Up	4 Mid-Range Spots	Off-Dribble Shooting	Makes Only	Make 40	4		40	
06/07/25	Anaya Beard	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot 3	3 Perimeter Spots	Spot Shooting	Makes Only	Make 30	3		30	
06/07/25	Anaya Beard	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	12
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot 3	5 Perimeter Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	120
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	14
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	15
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	13
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	15
06/07/25	Aisleigh Canaday	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	20
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	84
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	139
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	119
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	98
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	101
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Spot Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	14
06/07/25	Kimberly Limon	Cycle 3	<a href="#">Shooting - Cycle 3 - 1.1</a>	Free Throw	Free Throw Line	Spot Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	13