

TRIUMPH BASKETBALL



2023-24



Success is earned not given ...

TRIUMPH CULTURE

In order for the team to have a better experience year over year we have listed 8 things that we will focus on with parents and players alike. We want to build a CULTURE that will lead us to success in life. Here are some deliverables that can help all of our teams have a Shared Purpose creating a shared experience that is positive for everyone.

- **LESS THAN 40**

- Defenses that limit teams to under 40 have a great chance of winning the ball game.
- **TRIUMPH Lesson:** *Being a great defender is about trust, helping others, **COMMUNICATING** with each other and protecting what you keep sacred.*

- **CONTROL OUR TURNOVERS**

- Teams that manage their turnovers to under 12 per game usually have a great chance to win.
- **TRIUMPH Lesson:** *Teaches athletes to utilize skills like patience and self control. Follow the plan not the wild pretty play.*

- **SHOT SELECTION**

- Paint touch three pointers (inside-out) are typically higher percentage shots than a normal three pointer. We also want athletes to take shots that are in their skill set and to discern what is a good shot for them.
- **TRIUMPH Lesson:** *Discernment*

- **SHOOT 70% at the FREE THROW LINE**

- Consistent teams that shoot 70% or above for the FT line have a great chance to win games. They must be practiced ever day.
- **TRIUMPH Lesson:** *Much like our character, prayer life, and a forgiving heart they must be done daily with consistency.*

- **WIN THE REBOUND WAR**

- Effort is the key to rebounding and well we rebound will determine our success on the court. Blocking out is key to our TEAM rebounding.
- **TRIUMPH Lesson:** *Work hard on the small things that produce big results.*

- **KNOW THE PLAYS**

- Being able to have the plays become unconsciously competent makes us a formidable foe for all teams we play. It makes us hard to beat.
- **TRIUMPH Lesson:** *Being prepared.*

- **BE TOUGH & PHYSICAL**

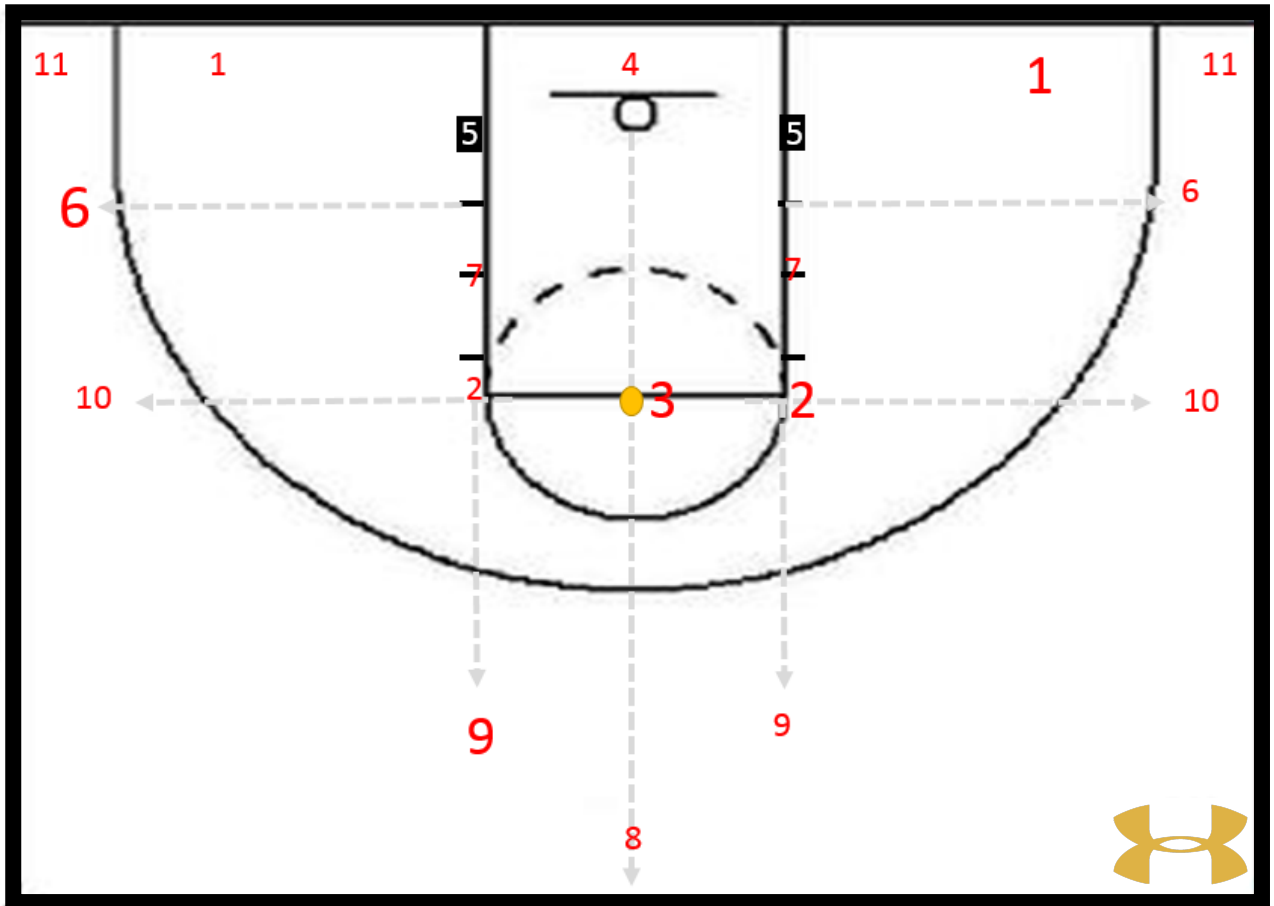
- We have to fight through mental and physical challenges which will develop a key ingredient ... Strength.
- **Champion Lesson:** *Gaining the understanding that in life it is not what happens to me but how I react to it that matters most.*

- **BE A TEAMMATE WHILE ON THE BENCH & IN THE STANDS**

- Route for our teammates be engaged in the games, support each other, and love the High's & Low's.
- **Champion Lesson:** *A community is about supporting each other when we are up or when we are down.*

TEAM TERMINOLOGY

List of Terms and Key Spots on the Floor



SIMPLE KEY:

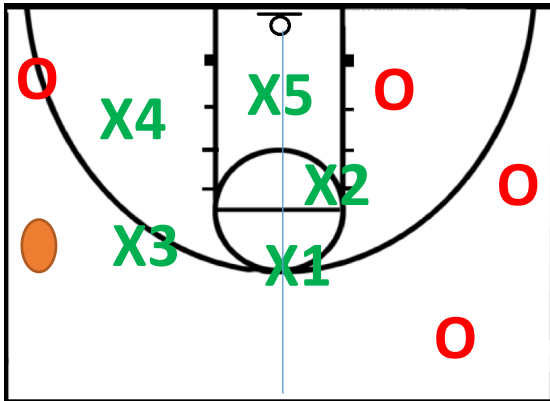
1. Short Corner
2. Elbow
3. The Nail
4. Jail – Money Spot
5. The Block
6. 3rd Hash Extended
7. 2nd Hash
8. The Mid-Line
9. Lane Line Extended
10. Free Throw Line Extended
11. Deep Corner

MAJOR TIP:

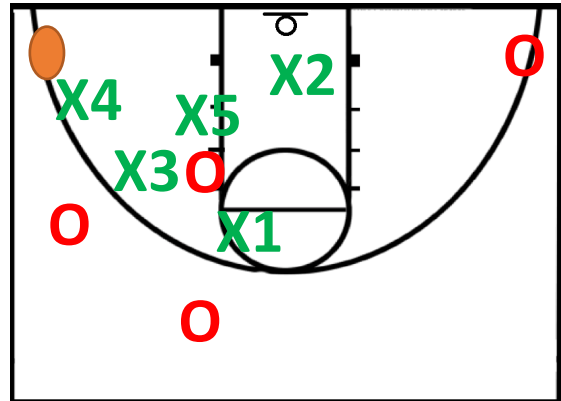
Study this sheet until you know all 11 spots on the court. You should watch basketball games and look for players as they move to these particular spots on the floor.

MAN 2 MAN Defense

Hand Signal: 1



NOTE: X1 is on the ball and his TOES are pointed to the sideline forcing the ball to the baseline. X-1,2,5 and 4 are all in help seeing the ball and KEEPING it out of the paint. Their backs are pointing toward the baseline.



NOTE: X4 is covering the ball and forcing it to the baseline where X2 will sprint over to TRAP with X4. X1 will drop to the opposite block to prevent the backside pass attempt. X2's original position is on the MID LINE.

10 RULES for playing solid man-to-man defense.

1. Stay between your man and the basket not allowing them to CROSS YOUR FACE on cuts.
2. Play physical and let the coach manage your fouls.
3. On ball defenders should be forcing all traffic to the baseline. We talk about having our TOES TO SIDELINE. Do not let players drive the middle.
4. Help defenders should have an OPEN stance where they can see the ball and their man with their BUTT POINTED to the BASELINE.
5. All players on defense should talk. HELP – BALL – DEAD – TRAP
6. All help defenders should help outside of the paint cutting off the baseline and backside defenders should rotate down to help.
7. All players should block out first then pursue the ball.
8. Hands should be up on the close outs at all times in ALL DEFENSES.
9. Be prepared to take charges on the ball and in the HELP position.
10. NEVER turn your back on your man.

2-3 ZONE Defense:

Hand Signal 2

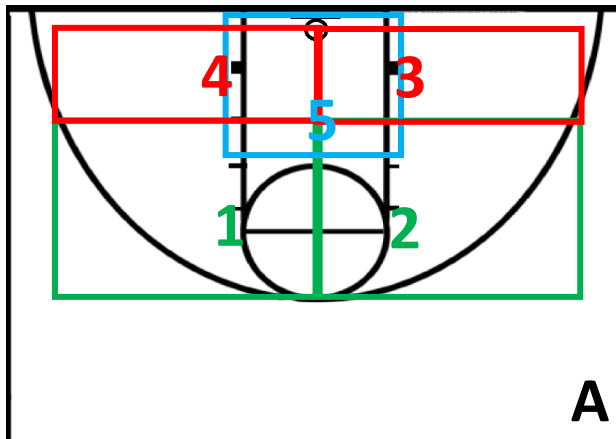


DIAGRAM A: Players area of responsibility are highlighted by a coordinating number and outline of the area they are to defend. **1&2** are responsible for stopping middle penetration first as well as covering the high post play – and perimeter shooters to the 3rd HASH mark. The **4&3** are responsible for the deep corners and flash of HELP on quick ball reversals than a quick recovery to their designated area. The also must rotate to the mid-line when the ball is opposite their position. The **5** PROTECTS the paint and basket area. PLAY CALL: 2-3 ... 2 ... Syracuse.

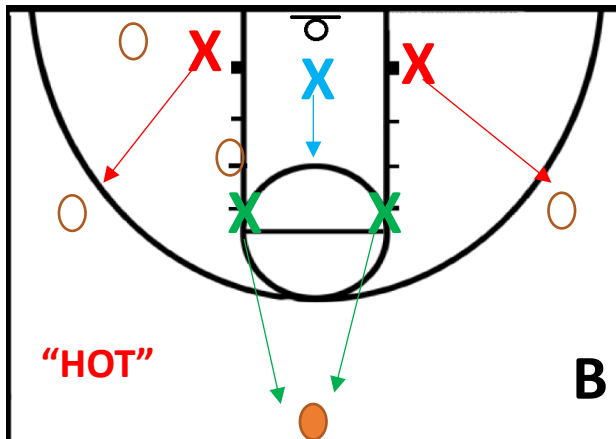


DIAGRAM B: The coach will call “HOT” ... Players 1&2 attack the ball as soon as it approaches the half-court line making the player with the ball make a decision. The bottom players all shift up, the 4&3 are trying to make a steal quickly on the wing and the 5 is denying the pass to the middle. “HOT” is a DEFENSIVE play inside a 2-3 zone set that we will run. We usually run it after a score or a timeout. After we have run the “stunt” we return to a normal 2-3 Zone.

PLAY CALL: HOT ... RED ... SUNS

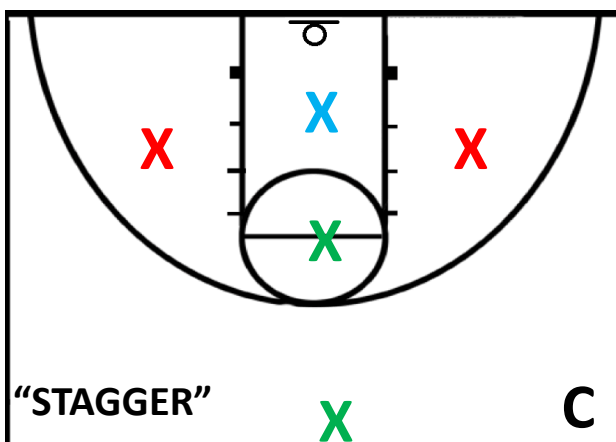


DIAGRAM C: Coach will call “STAGGER” ... In this play which is a 2-3 where players are extended and the 1&2 are staggered with one at the half court line forcing traffic to one-side of the floor. The 4&3 are FAKING like they are going to come up and forcing a lob pass to the baseline. The 5 is keeping the paint protected. If they pass early the second player at the free throw line takes the first pass and the top player drops to cover the high post and you return a normal 2-3 set. This defense is FAKE PRESSURE that makes players sometimes make bad decisions. It also makes them run the wrong thing as they believe we are in a ONE FRONT defensive zone.

PLAY CALL: Stagger ... GREEN

3-2 ZONE Defense:

Hand Signal 3

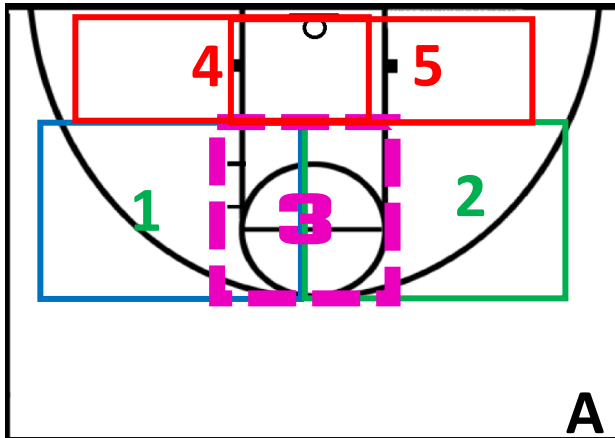


DIAGRAM A: This is the basic alignment of our 3-2 ZONE – players are advised to know ALL 5 POSITIONS as we can run several different alignments at opponents. We will breakdown all THREE areas of Coverage ... 4 and 5 ... 1 and 2 ... but we will start with **3 - The MIDDLE**. The basic job of the 3 is to cover the HIGH POST and guard the area outlined in PINK. They also must stop MIDDLE drives, rebound, and help us to run the FASTBREAK.

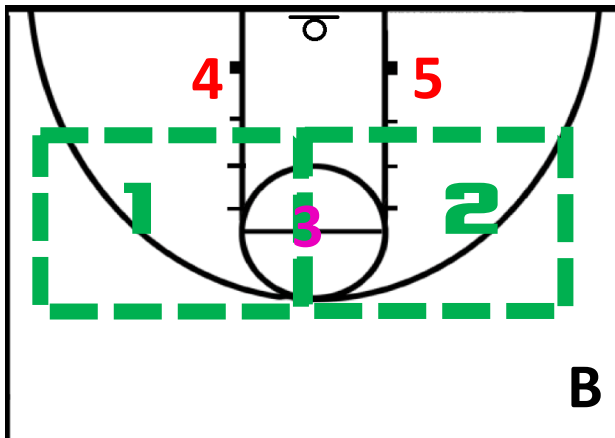


DIAGRAM B: THE 1&2 Positions also call THE WINGS defend the 3 POINT LINE on the wing area – meaning they can have to cover from MIDLINE to the DEEP CORNER. These players are usually quicker and can get places fast. Closing out with a high hand is EXTREMELY important so we can CONTEST the perimeter shots.

Challenge:– Many times these people forget to BLOCK OUT the shooter. They MUST block out for the defense to be successful.

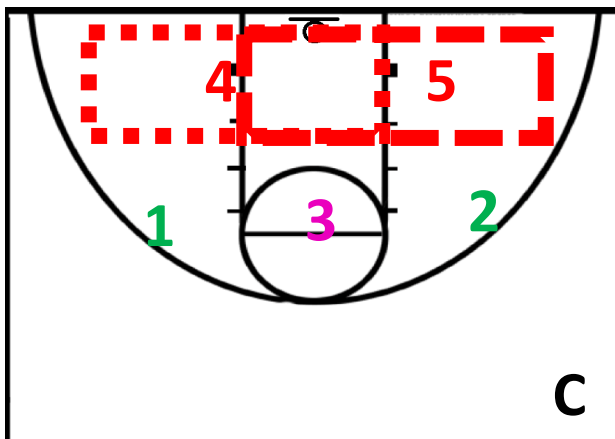
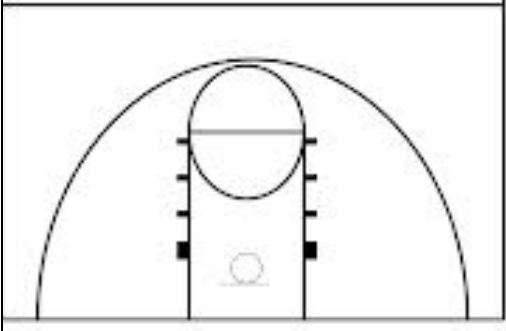
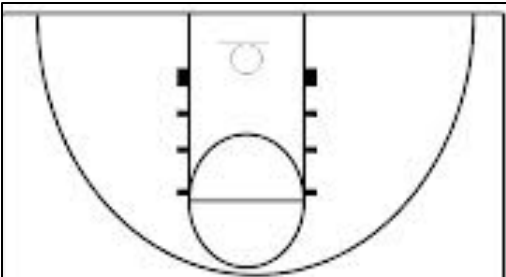
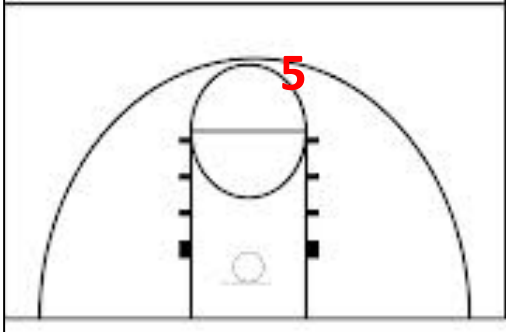
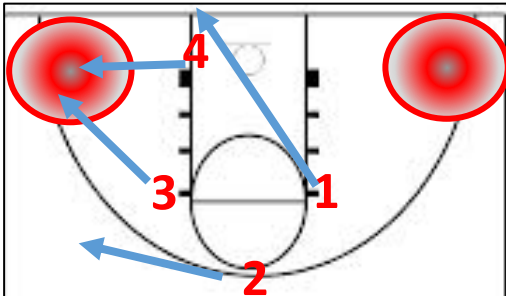


DIAGRAM C: The 4 and the 5 called the BLOCK have overlapping areas meaning if we send the 4 out to cover the DEEP CORNER SHOT the FIVE must rotate to the block. These two players must MOVE TOGETHER as a team, block out and be physical inside.

Note: When the 4 and 5 Rotate as mentioned above ... The OPPOSITE SIDE WING must drop to COVER the BACKSIDE block. The coverage lines are different dashes to designate the area of responsibility.

PRESS DEFENSE:

FIRE



BASICS

The RED areas are the key spots where the 4 and the 1 or the 3 will go and trap the ball. DO NOT ALLOW THE BALL IN THE MIDDLE of the floor. When Trapping the 3 or 1 MUST cut off the sideline and get in front of the ball. 4 does not let them dribble back to the middle.

2 is called SUPERMAN and their job is to cover the sideline and middle. 1 Will deny the person who throws the ball in on offense.

5 Covers the LONG PASS and tries to go for any long pass steal.

Every player must see the ball and FOCUS on getting deflections when they are trapping the ball.

TIPS

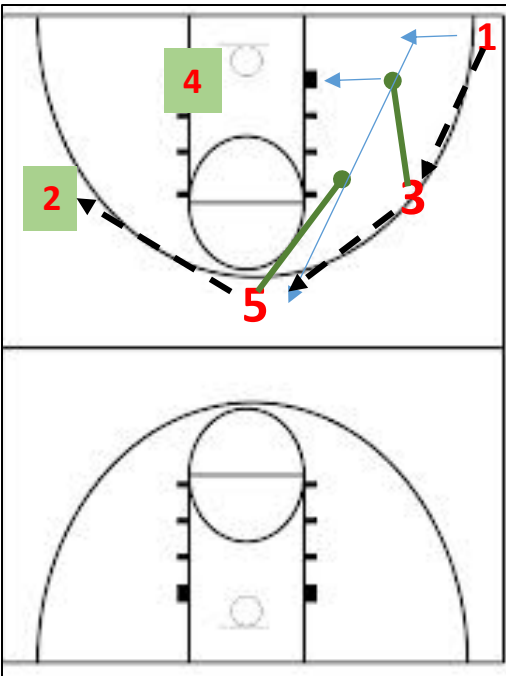
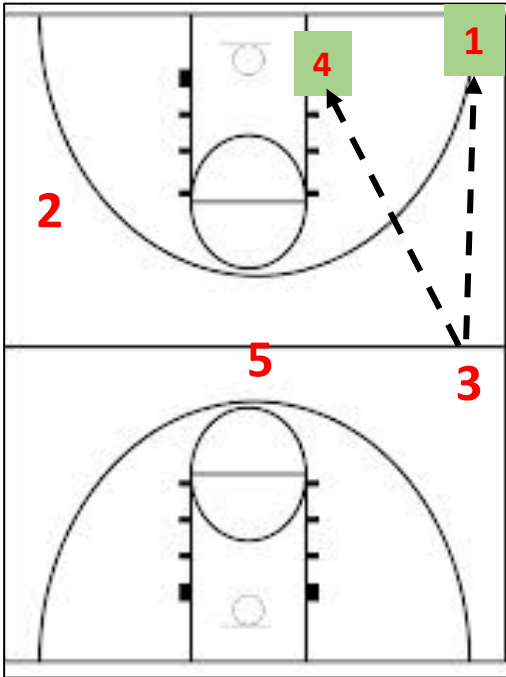
We like to RUN FIRE after a made free throw or at the beginning of each half.

Active hands lead to deflections.

Rotate and Work together.

PLAYER NOTES:

SECONDARY BREAK



BASICS & OPTIONS

We run SECONDARY BREAK when we don't have a PRIMARY break (2vs1 or 3vs2) **STAGGER**

The player number doesn't matter we want players to fill the spots as fast as possible. In the example the 1 gets to the CORNER and the 4 gets to the **BLOCK** and 3 looks to pass to one of them as quick as possible IF THEY ARE OPEN.

If the ball gets to ONE we will SWING THE BALL AROUND THE perimeter 1 to 3 to 5 to 2 looking to see if 4 is open with each pass.

1 will come off a DOUBLE STAGGER Screen looking for a 3 point shot. The **FIRST SCREENER** will open to the BALL (2) and roll towards the BLOCK.

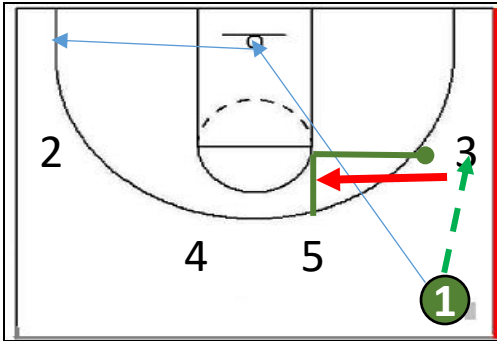
FLEX ... If we throw a SKIP PASS at anytime in this set will automatically go into ACTION CALLED "FLEX" This where the 4 screens for the 1 and the 5 SCREENS the SCREENER (4) – We will cover this in practice.

HANDOFF – this is a twist we run where the 2 has the ball and drives towards the FT LINE and HANDS OFF the ball to the 1 who came off the double screen ... when the 4 see the 2 dribble they leave the BLOCK.

This action leads to EURO if we don't get a good look for a shot. We will also cover this in practice so the athletes will know how to go into the Continuity Offense - European Ball Screen.

PLAYER NOTES:

MAN Offense: *EURO*



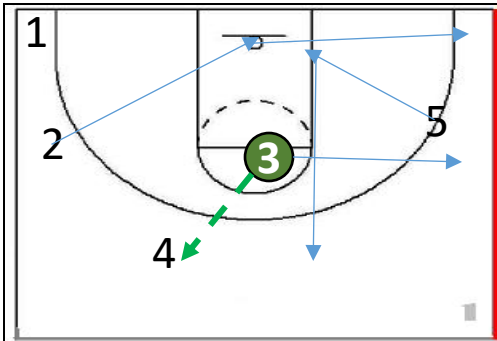
STEP 1

1 will start with the ball staggered closer to the sideline – He can deliver the ball to the 2 or 3

1 can also push the wings DOWN or THRU.

1 passes to 3 - 1 Cuts to hoop and fills opposite.

5 BALL Screens for 3 – 3 Attacks FT Area (FIST)

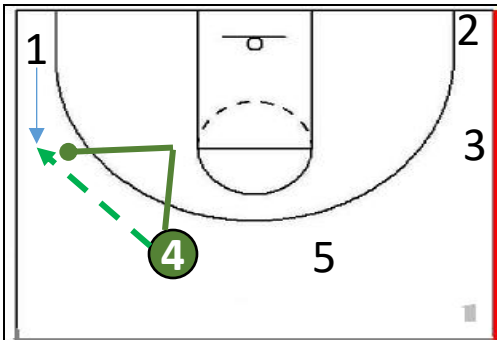


STEP 2

5 Rolls hard to hoop while 3 attacks FT line.

3 throws ball reversal to 4 and fills the spot he came from.

2 back cuts and fills DEEP CORNER – 1 fills up the floor– 5 replaces himself to lane line extended where he started.



STEP 3

4 passes to 1, then follows pass with a ball screen and ROLL.

Repeat as this offense like FIST is a continuity offense.

Looking for the best shot

BUTLER RULES

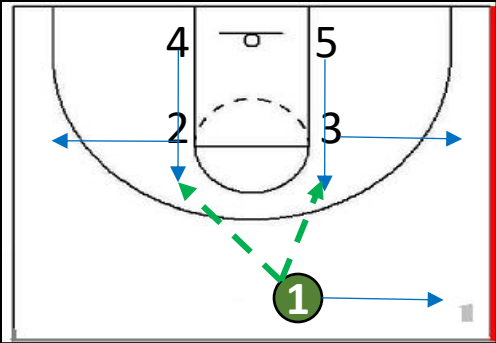
When on the DOUBLE SIDE the first guard MUST BACK CUT HARD.

POST players should CUT to ELBOW first before they look to screen to keep defender honest.

Guards attacking on a BALL SCREEN should attack low and try to get to the FT Line.

PLAYER NOTES:

MAN Offense: BOX 1



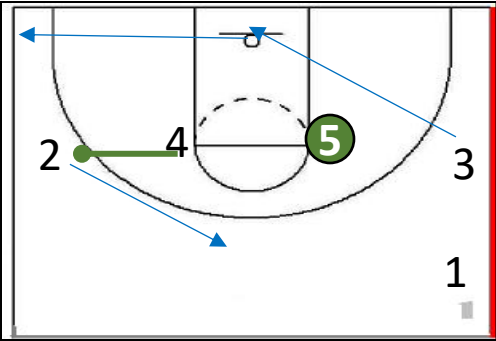
STEP 1

The 1 will pass the ball to the 4 or the 5 as they cut to the elbow from the block.

The 2 and 3 cut out to the FT line extended area quickly

In this case, 5 caught the ball at the elbow.

After 1 passes to 5 the walk to the sideline if their man traps the 5 please back cut.



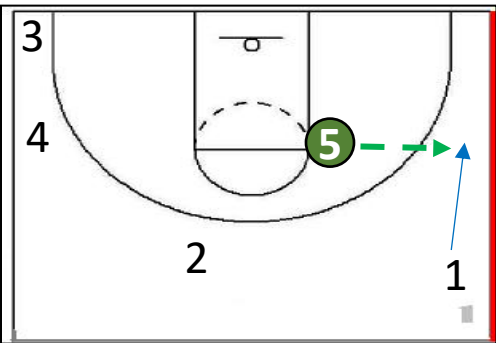
STEP 2

The ball side player cuts backdoor – 3 is the cutter.

3 cuts all the way thru to the DEEP CORNER.

After 3 cuts 4 goes out and screens for 2.

2 Cuts off screen –and shoots a 3 pointer.

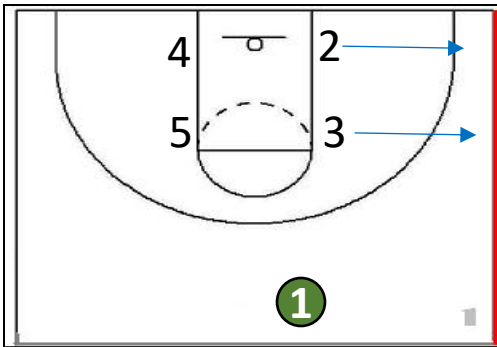


BOX 3 Option

If nothing is open the 5 will pass to 1 and we will start to run EURO. The 2 fills to LANE LINE EXTENDED AND THE 4 AND 5 FILL out to the DOUBLE SIDE.

PLAYER NOTES:

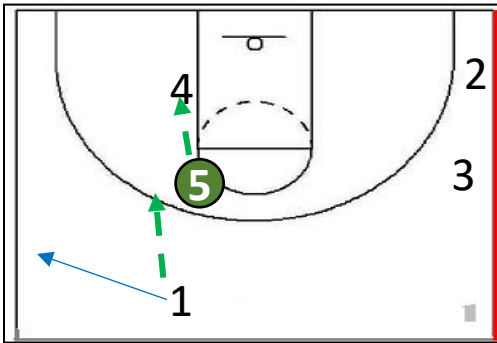
MAN Offense: BOX 2



STEP 1

The 1 will misdirection dribble toward the 2 and 3 and they will pop out.

The 1 will spin and dribble back towards the 5 and 4 .

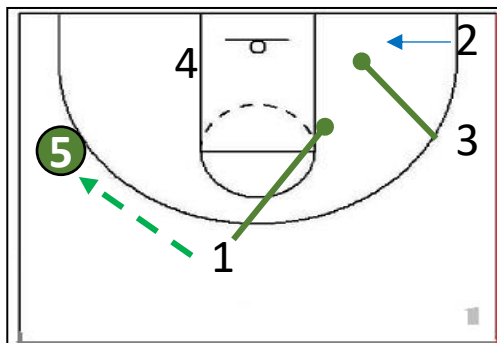


STEP 2

When 1 is dribbling toward the 5 they SEAL the defender as 1 delivers the ball to the outside hand.

5 on the Catch Spins out and delivers a bounce pass to the 4

The 4 should have a mis match and score.



BOX 2 Option

If the 5 has to POP OUT to the WING we still look for the 4 posting up.

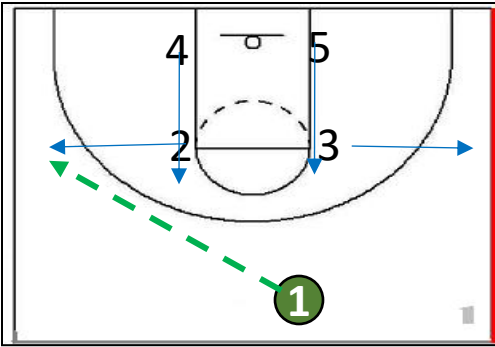
1 passes the ball to 5 and sets a double stagger screen away from the ball just like in SECONDARY BREAK.

2 walks his man in ... 3 screens for 2

1 Head Hunts and screens 2's defender.
There are three options to pass the ball to the 4 ... the 2 off the double stagger screen or the 3 as the first screener.

PLAYER NOTES:

MAN Offense: BOX 3



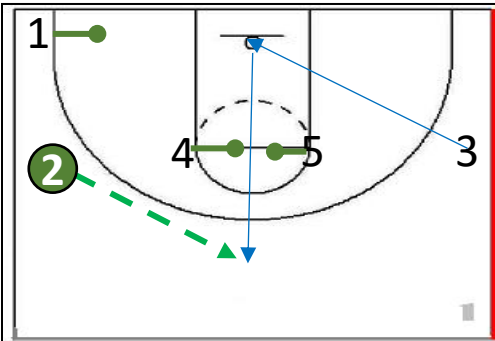
STEP 1

The action is the SAME as BOX 1 but we enter the ball to the wing instead of the post.

If 2 catches the Ball the 1 will cut and fill ball side corner. Also setting a fake screen for the 3.

3 will cut to the basket on the 2 catch.

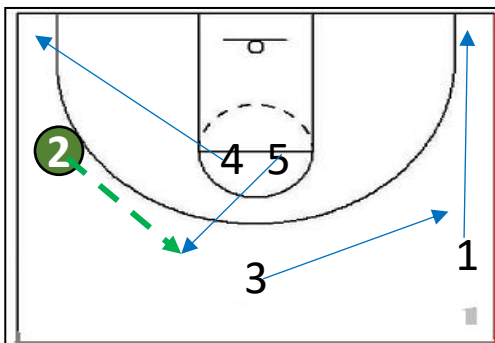
4 & 5 will be at the elbows to run a GATE PLAY.



STEP 2

The 4 & 5 will close the gate as the 3 cuts to shoot a 3 pointer.

So 2 Can throw the ball to the 3 if they are open



BOX 3 Option

If nothing is open the 4 will cut to the DEEP CORNER

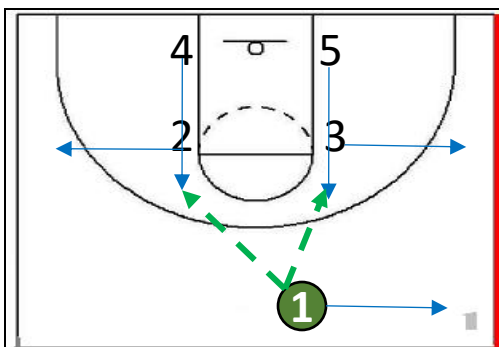
The 1 will drift to the corner and the 3 will fill FT line extended. The 5 will POP and 2 will throw to the 5.

The 2 will then run a RUB CUT off the 5 for a HAND-OFF or a KEEP and one can attack -

If it doesn't work we go right into EURO.

PLAYER NOTES:

MAN Offense: BOX 4



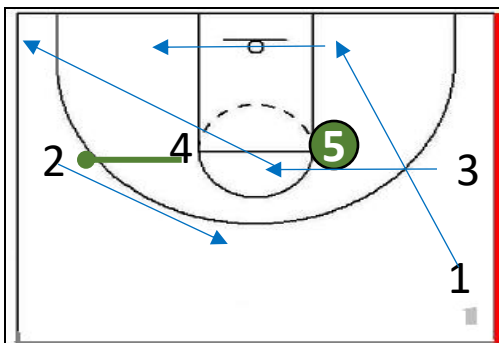
STEP 1

The 1 will pass the ball to the 4 or the 5 as they cut to the elbow from the block.

The 2 and 3 cut out to the FT line extended area quickly

In this case, 5 caught the ball at the elbow.

After 1 passes to 5 the walk to the sideline if their man traps the 5 please back cut.



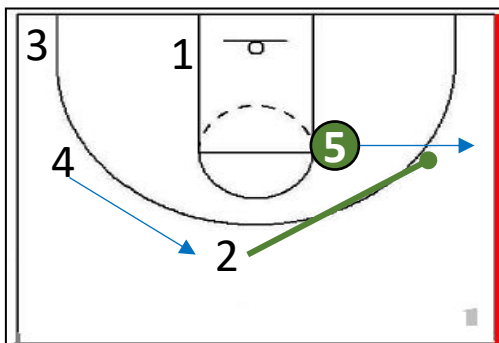
STEP 2

The ball side player runs HANDOFF – 3 is the cutter.

3 cuts all the way thru to the DEEP CORNER if they don't get the HANDOFF.

After 3 cuts 4 goes out and screens for 2 for a 3 pointer

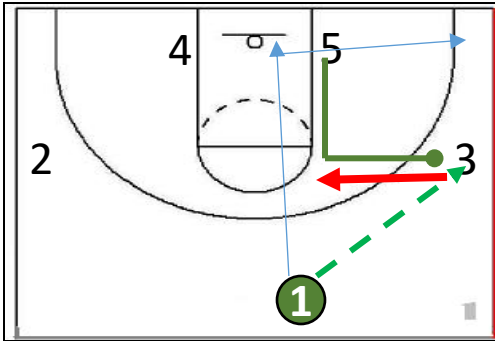
1 Basket Cuts after the Handoff



After the action is completed we should be able to go into EURO right from the set to make the action seamless. 5 dribbles out to the wing ... 2 screens for the 5 ... 4 fills lane line extended ... 3 & 1 fill the double side.

PLAYER NOTES:

MAN Offense: *FIST*

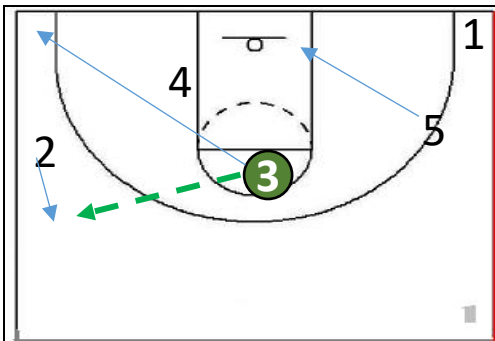


STEP 1

1 enters the ball to the 2 or 3 (1 Can push down or push thru) then basket cuts and fills to one of the DEEP CORNER spots.

Ball side post comes out to screen for the Ball (5 to 3)

3 fakes baseline and drives hard to the FT LINE.



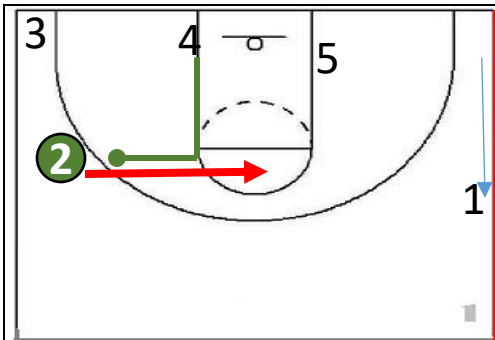
STEP 2

5 rolls hard to the block on the 2nd bounce.

2 steps two step behind the ball for the ball reversal

4 in running the DUCK IN on the OPPOSITE SIDE.

3 Passes the ball to 2 and cuts to the DEEP CORNER.



STEP 3

1 fill s up the floor to become the BALL REVERSAL

4 screens for 2, 5 runs the DUCK IN, and 2 tries to attack the middle.

This offense is a continuity offense ... meaning you keep doing it over and over.

RULES for FIST

The DUCK IN should only be thrown after the team has gotten to the THIRD SIDE OF THE FLOOR

All ball reversals should be TWO STEPS BEHIND THE BALL.

Guards are allowed to shoot the ball coming off the ball screen

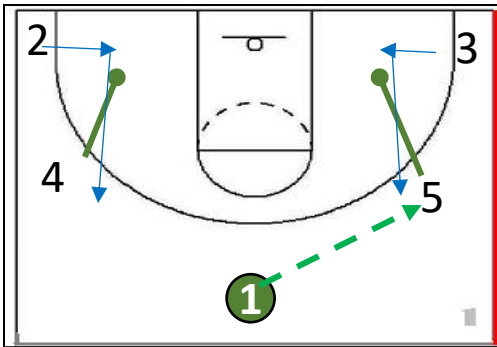
Screeners roll hard and role after the 2nd bounce as a rule.

PLAYER NOTES:

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MAN Offense:

5-OUT

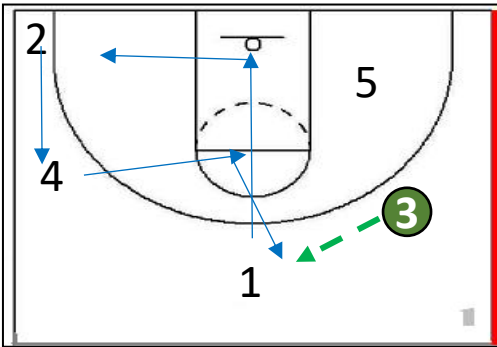


STEP 1

As soon as the ball crosses ½ court the 3 and 2 walk their man in toward the paint.

The 4 & 5's then screen down to get the players open.

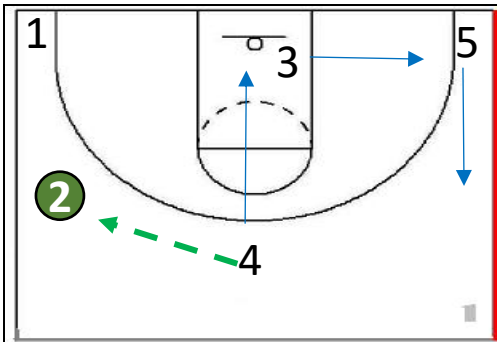
The 1 has the option to look inside for the PIN DOWN screen or can deliver a pass to the wing (3).



STEP 2

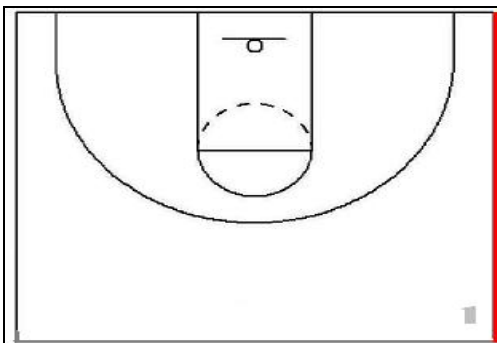
Once the wing has received the DOWN PASS the 1 knows to CUT to the basket and FILL OPPOSITE the ball along the baseline.

4 cuts to the nail and either fills to the top of the key or back door cuts based on defender. 2 fills up the floor. The 3 will swing the ball to the 4 quickly back door cut and fill on the same side on the baseline.



STEP 3

On the down pass we repeat the action in STEP 1.

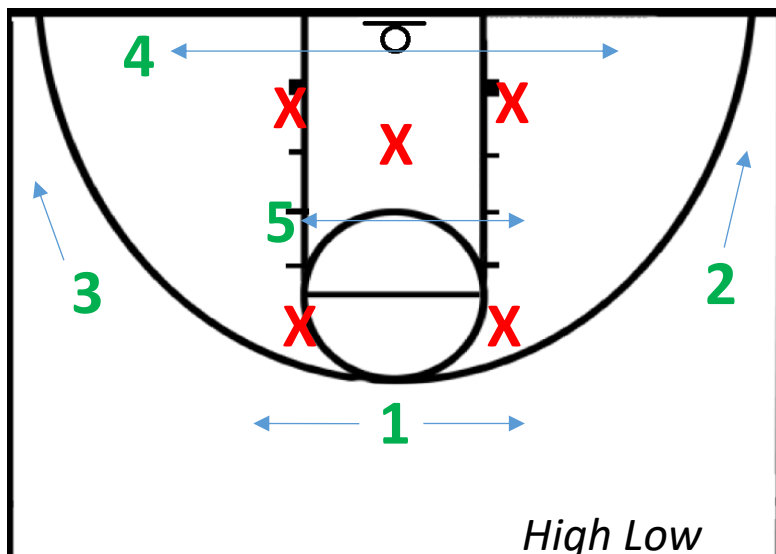


STEP 4

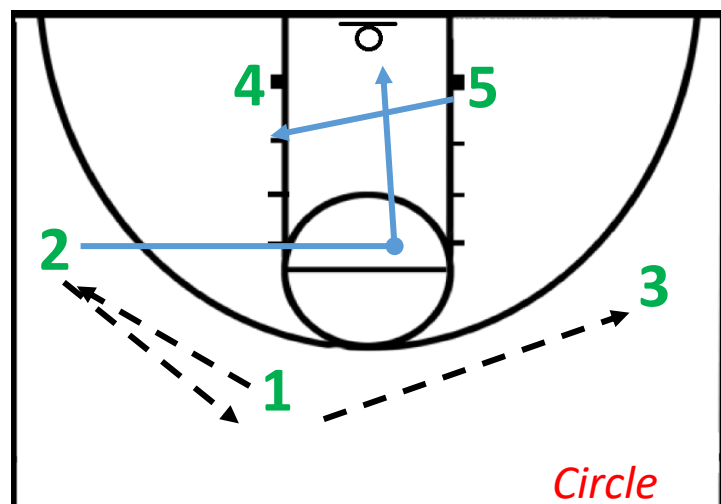
PLAYER NOTES:

ZONE Offense

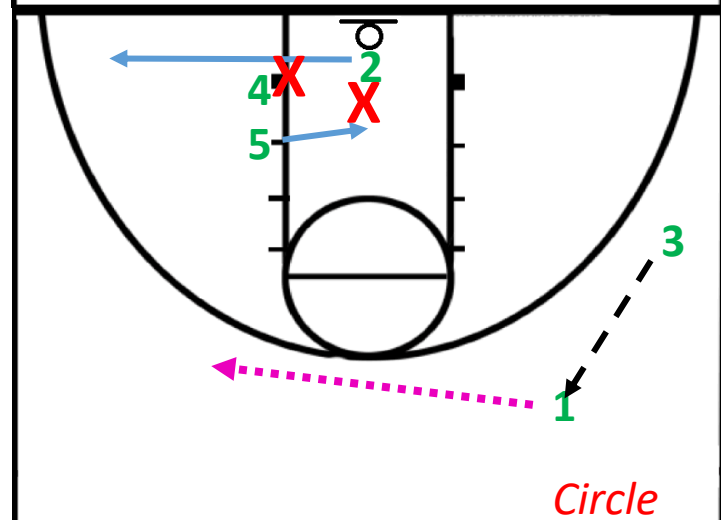
Versus a 2-3 Zone: HI-LO and CIRCLE



The 4 & 5 follow the ball back and forth - the 4 running the SHORT CORNER and the 5 running 2nd HASH to 2nd HASH. The guards on the WINGS want to get the ball to the 3rd hash and make the BOTTOM defender make a decision. Good rule of thumb is to throw the ball where the defense came from. Also the 1 needs to make sure they deliver the ball LANE LINE EXTENDED ... and attack the zone on the ball reversal. If the 5 catches the Ball remember to look opposite from time to time as the backside is open. We want inside out 3's if possible.



CIRCLE (Diagram 1): In this action the 1 will throw the ball to the 2 or the 3, which ever one they throw to is the side the play is being towards. In this example 1 throws to 2 and the 5 STACKS on top of 4 .. The ball is then reversed to the 3 on the opposite side. 2 begins to CUT towards the 3 and then under the basket.

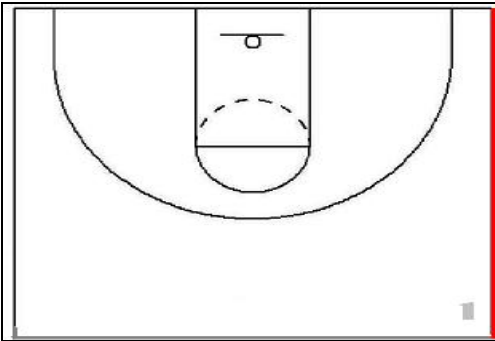


CIRCLE (Diagram 2): 3 passes the ball back to 1 ... 1 dribbles hard towards opposite lane line extended. When 1 and 2 are on a line together they both move out with the 2 stopping in the short corner or 3 point line. At the same time 5 posts up the MIDDLE defender in the 2-3 zone. The 1 will read the movements of the bottom outside defender. If they stay inside then 1 passes to 2 ... if they go out 1 can pass to 4 on the block.

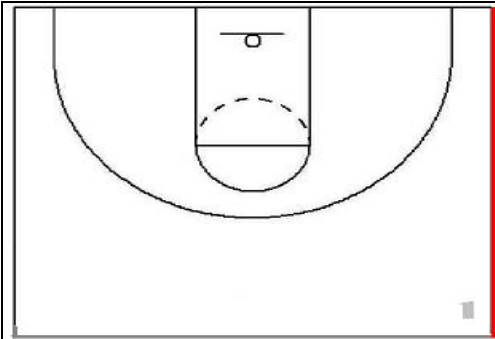
Tips:

Keep the 4-5 STACK tight and on or above the block. Make sure LOOPING wing (2) bumps the bottom defender on their way out to the short corner.

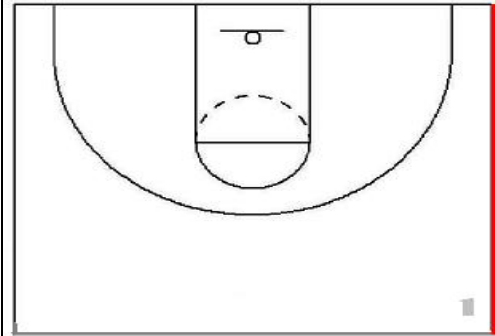
2-3 ZONE: DALLAS



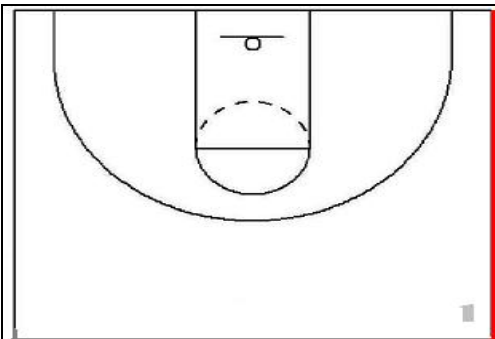
STEP 1



STEP 2



STEP 3



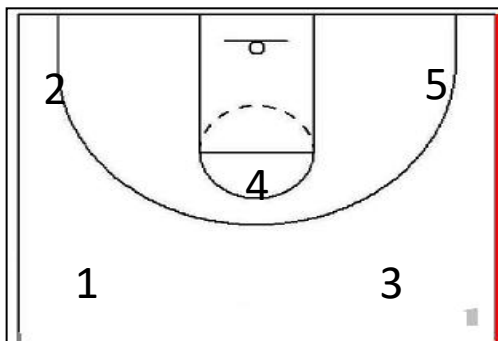
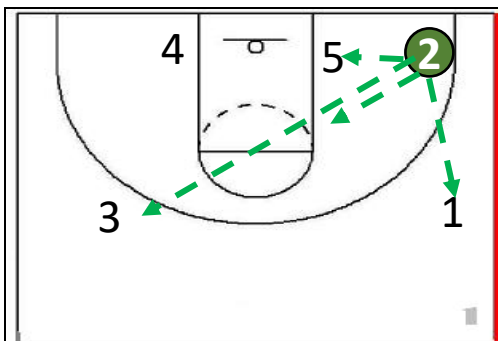
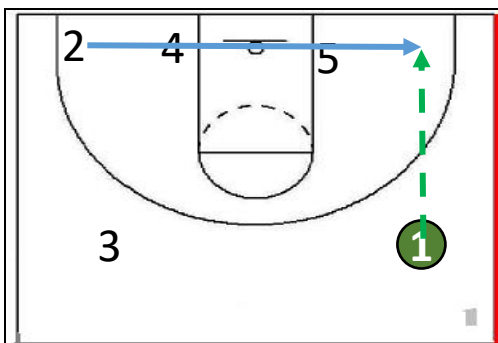
STEP 4

PLAYER NOTES:

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ZONE Offense

1-2-2/3-2/1-3-1 (ODD FRONT ZONES)



Step 1: "23"

Simple offense where we SCREEN THE BOTTOM of the ZONE with the 4 and the 5.

2 is the BASELINE RUNNER and follows the ball.

If the defense comes out on the 2 cutting 5 may be open.

2 catches and shoots.

STEP 2

IF 2 does NOT have a shot look quickly inside to 5.

4 may also FLASH to the second HASH or look diagonal

For the 3 stepping in.

STEP 3

Remember: the 2 and opposite side post can flash to the NAIL but must look opposite from the direction they caught the pass.

BALL FAKES – fake a pass – make a pass.

Backside player – When the ball is skipped look to

Score.

DOMINO

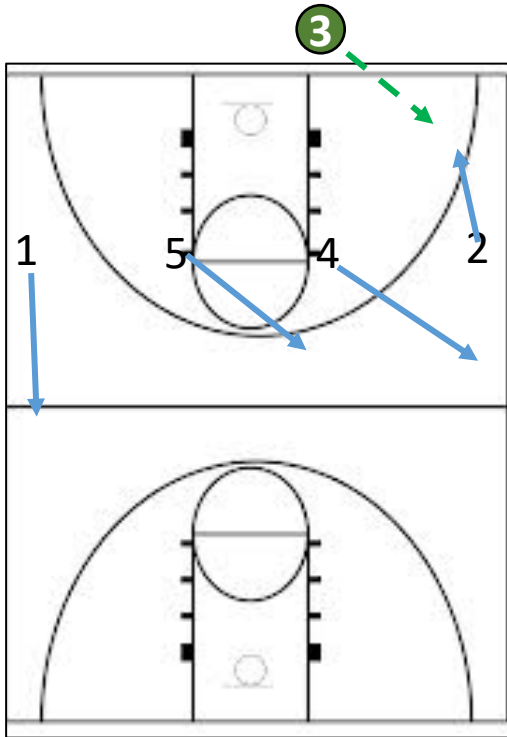
This is a 2-1-2 offensive set where the defense stands in the gaps.

Move the ball quickly – fake a pass make a pass – the 4 can also screen HIGH then roll hard to the BALL SIDE BLOCK

If 4 catches in the MIDDLE – Square Up and look for 2 or 5

PLAYER NOTES: We will run these plays against a 1-2-2 or a 1-3-1 or a 3-2.

PRESS BREAK: 4 across



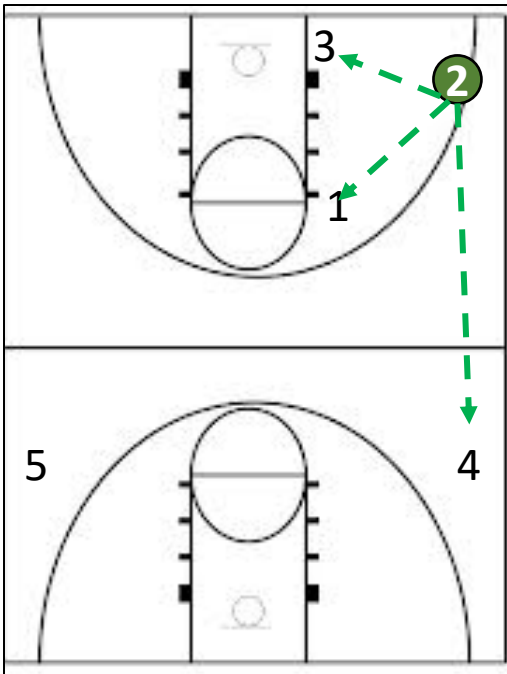
BASICS

3 throws the ball into the outside player (2) and the elbow players then move to the sideline (4) and the middle (5) top give 2 options to throw the ball.

2 has three options – MIDDLE-SIDELINE – REVERSAL

If player 2 throws a reversal to 3 ... The 3 would need to take two-three dribbles opposite where the ball came from and look to deliver to the ball in the MIDDLE – SIDELINE - REVERSAL

1 Would come back to the Ball ... 5 to the Sideline where 1 is ... 4 back to the middle.



OTHER NOTES

Whoever throws the REVERSAL becomes the reversal

Players should utilize BALL FAKES before they throw to the middle.

Once the ball is reversed the 4 OR the 5 need to comeback to the ball

TIPS

If you dribble ... minimize it 2-3 dribbles

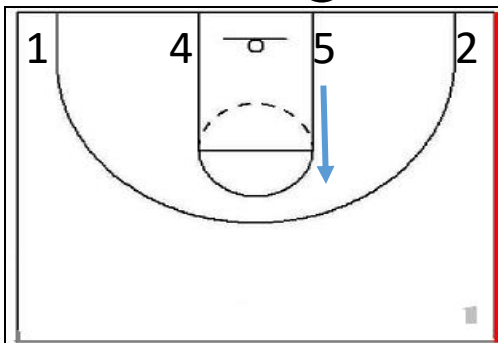
Looking to pass up the floor ...

Also when you dribble attack down the floor.

PLAYER NOTES:

INBOUNDS- MAN: TCU

3

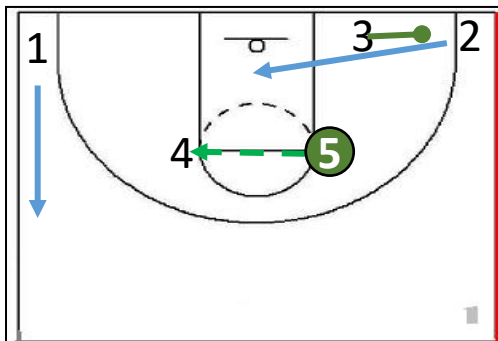


STEP 1

You run this versus a man to man on the baseline

5 will POST his man up – 3 will pass the ball to the elbow.

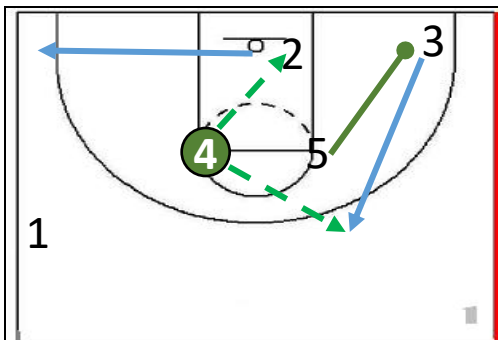
5 will cut up first and 4 will cut up on the catch by 5



STEP 2

5 will throw the ball to 4

3 will step in and screen for 2 ... 2 will flex cut to hoop



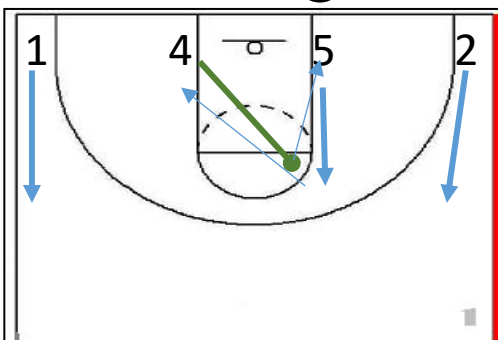
STEP 3

4 will LOOK for 2 on the cut for the lay-up.

5 will then go SCREEN the SCREENER – screen for 3

If 2 does not get the ball get out of the paint

3



TCU AGAIN

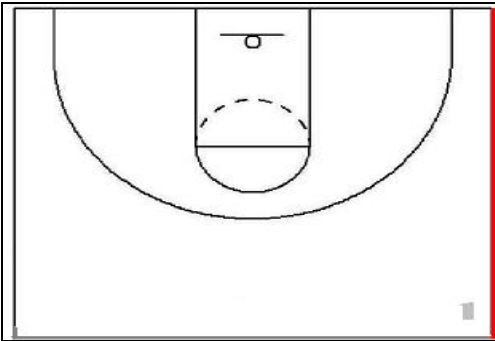
3 Fakes pass to 5 – 5 moves to the ELBOW ... when they arrive to the ELBOW 4 comes to screen for 5

5 will end up at the opposite block and 4 will screen and roll back to the BLOCK where 5 was.

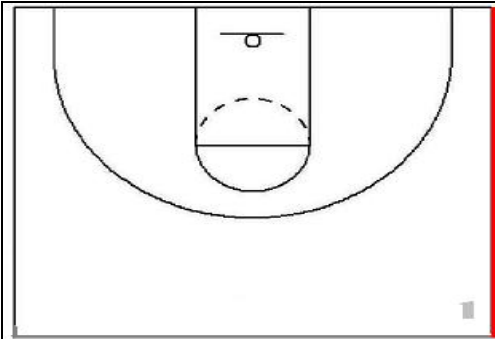
The INBOUNDER needs to be good at not looking at the action but looking at the out side players (1/2) to divert form the action.

1 & 2 both break up on the fake and then run back to the ball if we cant get in ...

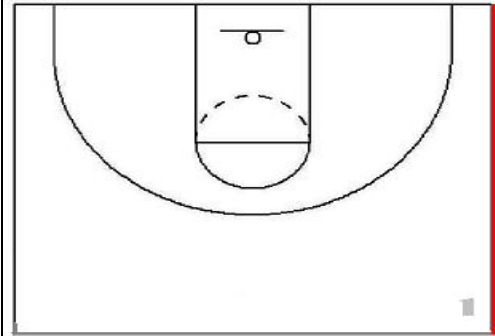
INBOUNDS -MAN VANDY



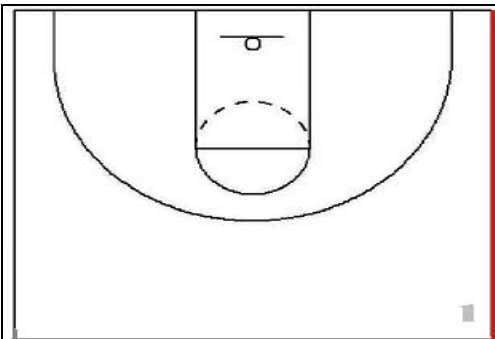
STEP 1



STEP 2



STEP 3

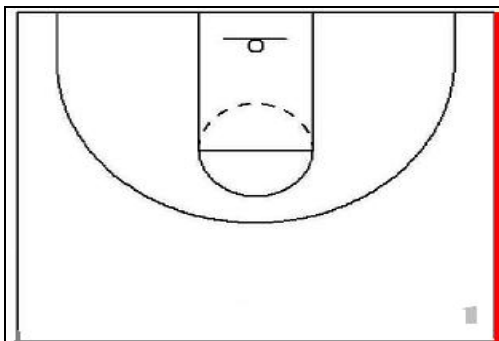


STEP 4

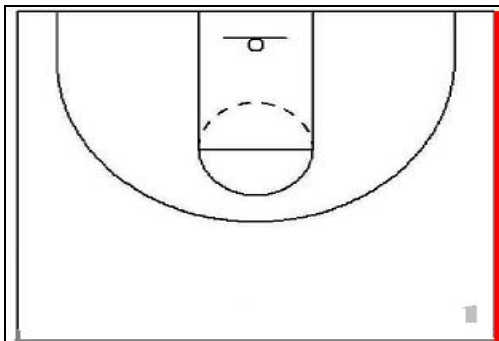
PLAYER NOTES:

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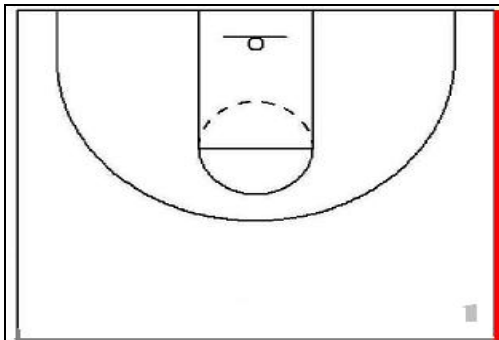
45 QUICK HITTER VERSUS MAN



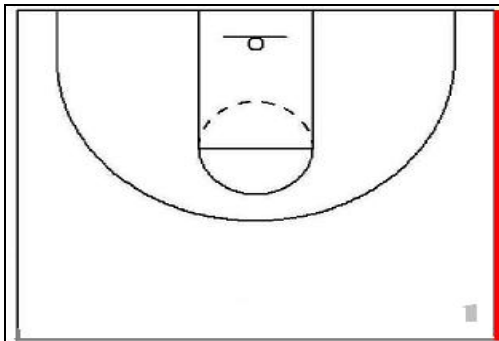
STEP 1



STEP 2



STEP 3

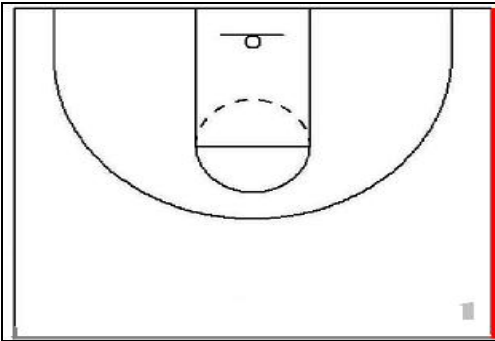


STEP 4

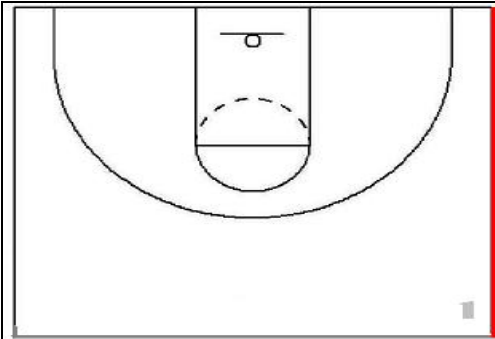
PLAYER NOTES:

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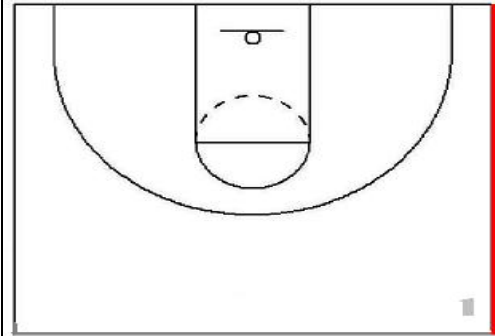
SNAP - SLIP ACTION VERSUS MAN



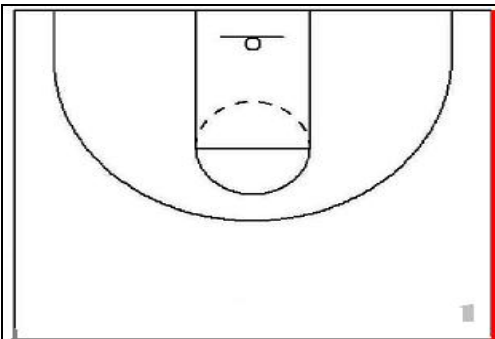
STEP 1



STEP 2



STEP 3

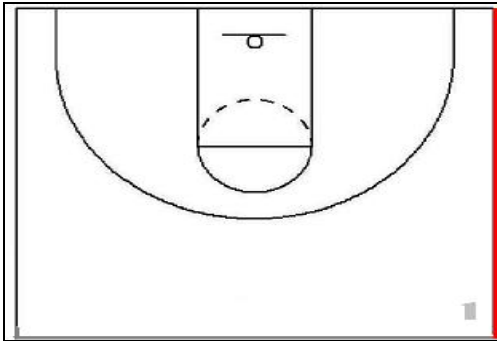


STEP 4

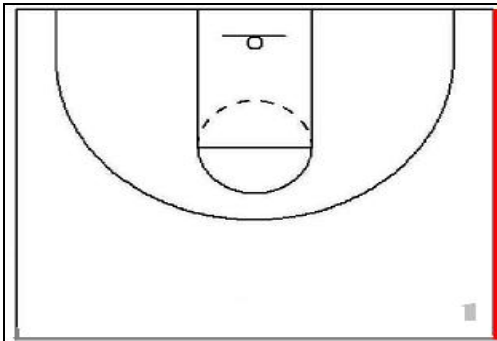
PLAYER NOTES:

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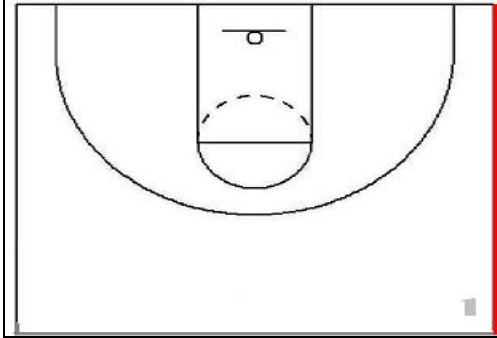
DUFUS - 23 ZONE INBOUNDS



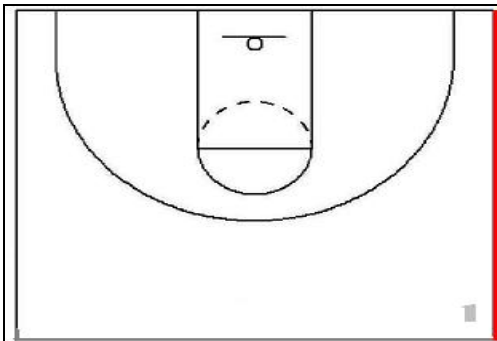
STEP 1



STEP 2



STEP 3

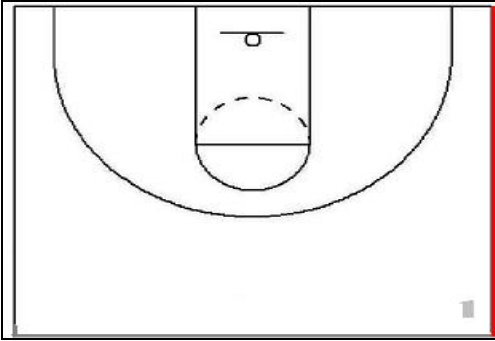


STEP 4

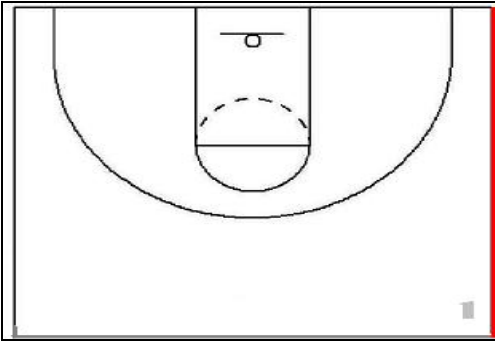
PLAYER NOTES:

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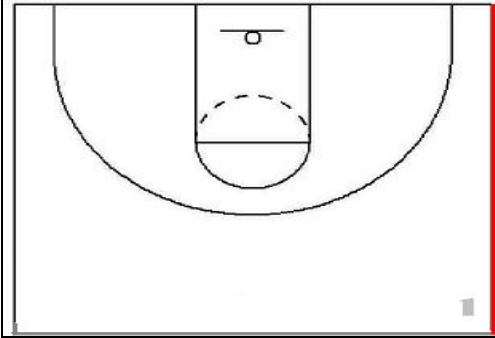
TEXAS - MAN OFFENSE



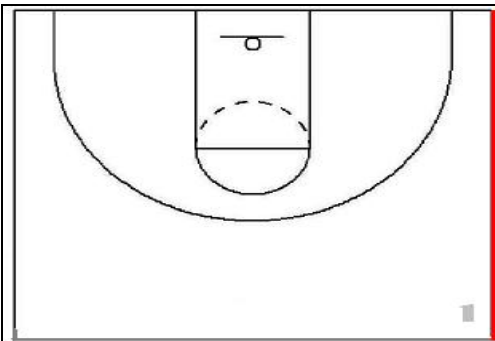
STEP 1



STEP 2



STEP 3



STEP 4

PLAYER NOTES:

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DAILY SHOT ROUTINE

DAY	SHOOTING ACTIVITY – 10K CLUB
MONDAY	Form Shoot – Make 15 Clean Shots No Rim ... Make 25 Yo-Yo's ... Shoot 200 Threes ... Shoot 25 FTs
TUESDAY	Shoot 100 Threes ... Shoot 25 FTs ... Shoot 50 Lay-Ups
WEDNESDAY	Form Shoot – Make 15 Clean Shots No Rim ... Make 25 Yo-Yo's ... Shoot 200 Threes ... Shoot 25 FTs
THURSDAY	Form Shoot – Make 15 Clean Shots No Rim ... Make 25 Yo-Yo's ... Shoot 200 Threes ... Shoot 25 FTs
FRIDAY	Shoot 100 Threes ... Shoot 25 Free Throws ... Shoot 50 Lay-Ups
SATURDAY	Form – Make 15 Clean Shots No Rim ... Make 20 2 BALL Yo-Yo's ... Shoot 200 Threes ... Shoot 25 FTs
SUNDAY	Form Shoot – Make 15 Clean Shots No Rim ... Make 25 Yo-Yo's ... Shoot 200 Threes ... Shoot 25 FT's

Week 1 9/4	Week 2 9/11	Week 3 9/18	Week 4 9/25	Week 5 10/2	Week 6 10/9
Monday Initial Here	Monday Initial Here	Monday Initial Here	Monday Initial Here	Monday Initial Here	Monday Initial Here
Tuesday Initial Here	Tuesday Initial Here	Tuesday Initial Here	Tuesday Initial Here	Tuesday Initial Here	Tuesday Initial Here
Wednesday Initial Here	Wednesday Initial Here	Wednesday Initial Here	Wednesday Initial Here	Wednesday Initial Here	Wednesday Initial Here
Thursday Initial Here	Thursday Initial Here	Thursday Initial Here	Thursday Initial Here	Thursday Initial Here	Thursday Initial Here
Friday Initial Here	Friday Initial Here	Friday Initial Here	Friday Initial Here	Friday Initial Here	Friday Initial Here
Saturday Initial Here	Saturday Initial Here	Saturday Initial Here	Saturday Initial Here	Saturday Initial Here	Saturday Initial Here
Sunday Initial Here	Sunday Initial Here	Sunday Initial Here	Sunday Initial Here	Sunday Initial Here	Sunday Initial Here

Athletes who complete this challenge will receive a 10,000 Shot shirt – Commitment Me ... Meaning that this is designed for athletes to be committed to themselves and their development.

