

### ELITE PRESTON TRAINING SCHEDULE

<b>4:00 - 4:30</b>	<b>Julio &amp; Ras Coaches choice</b>	<b>Julio &amp; PJ Coaches choice</b>	<b>Chase &amp; PJ Coaches choice</b>	<b>TJ &amp; PJ Coaches choice</b>	<b>Ras &amp; Emilio Coaches choice</b>
<b>Rover</b>	<b>N/A</b>	<b>TJ</b>	<b>Devin</b>	<b>Emilio</b>	<b>N/A</b>
<b>4:30 - 5:00</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Footwork &amp; Attack</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Footwork &amp; Attack</b>	<b>Ball Handling Footwork &amp; Attack</b>
<b>Rover</b>	<b>N/A</b>	<b>TJ</b>	<b>Devin</b>	<b>Emilio</b>	<b>N/A</b>
<b>5:00 - 5:30</b>	<b>Speed &amp; Agility Shooting</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Shooting</b>	<b>Ball Handling Footwork &amp; Attack</b>	<b>Speed &amp; Agility Shooting</b>
	<b>N/A</b>	<b>TJ</b>	<b>Devin</b>	<b>Emilio</b>	<b>N/A</b>
<b>5:30 - 6:00</b>	<b>Ball handling Footwork &amp; Attack</b>	<b>Shooting Ball Handling</b>	<b>Ball handling Footwork &amp; attack</b>	<b>Shooting Ball Handling</b>	<b>Ball handling Footwork &amp; Attack</b>