



# PUPPY SPORTS METHODOLOGY

## TENNIS

**PUPPY  
SPORTS**

HAND/RACKET PROGRESSION	BALL	SKILL	FOOTWORK	RALLY
HAND	BALLOON	BALL MASTERY & VOLLEY	OFFENSIVE FOOTWORK: FORWARD	VOLLEY RALLY
HALF RACKET	PLASTIC SOCCER BALL	FOREHAND	DEFENSIVE FOOTWORK: BACKWARD	FOREHAND RALLY
2 HANDS RACKET	RED TENNIS BALL	BACKHAND	LATERAL FOOTWORK	BACKHAND RALLY
1 FULL GRIP RACKET	GREEN TENNIS BALL	SERVE	ROTATIONAL FOOTWORK: FIGURE 8	GAME DAY



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## BASKETBALL

HAND PROGRESSION	BALL	SKILL	FOOTWORK	RALLY
DOMINANT HAND	TENNIS BALL	BALL MASTERY & DRIBBLING	DYNAMIC DRIBBLING	DRIBBLING & PASSING
NON-DOMINANT HAND	MINI BASKETBALL	BALLHANDLING & AGILITY	DYNAMIC SHOOTING	DRIBBLING & PASSING SHOOTING
	SOCCER BALL	PASSING	OFFENSIVE FOOTWORK	OFFENSIVE MOVES TO SCORE
	REGULAR BASKETBALL	SHOOTING	DEFENSIVE FOOTWORK	GAME DAY



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## SOCCER

# PUPPY SPORTS

BODY PROGRESSION	BALL	SKILL	FOOTWORK	RALLY
DOMINANT FEET	TENNIS BALL	BALL MASTERY	DYNAMIC DRIBBLING	CONTROL PASSING
NON-DOMINANT FEET	SMALL FOAM BALL	DRIBBLING AND PASSING	DYNAMIC SHOOTING	CONTROL PASSING & SHOOTING
THIGHS	MINI BASKET BALL	PASSING	OFFENSIVE FOOTWORK	CONTROL PASSING & SHOOTING WITH CHANGE OF DIRECTION
HANDS	SOCCER BALL	SHOOTING	DEFENSIVE FOOTWORK	GAME DAY

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