



MAY 24 - JUNE 13

Governor Holcomb Back on Tack Indiana – Stage 3 Guidelines

*Community recreational youth and adult sports may resume practices and conditioning, adhering to social gathering and social distancing guidelines. Contact sports, such as football, basketball, and wrestling, where players typically come into contact with other players, are not permitted. Conditioning and non-contact drills may take place.*

### **Do's**

- Skill Work
- Ball Handling
- Shooting
- Defensive Slides
- Shell Drill
- Passing / Weave
- Transition Work
- Running/Conditioning

### **Don'ts**

- Live Play
- 1 on 1, 2 on 2, 3 on 3 Scrimmage Play
- Drills that involve Live Defense
- Contact Related Drills