



Training Plan

Team:

Date:

Venue:

Time :

Training Emphasis

TEAM OFFENSE:
TEAM DEFENSE:
INDIVIDUAL OFFENSE:
INDIVIDUAL DEFENSE:

Training Plan

Time	Drill/ Skill emphasis
0 - 15	WARM UP: 2 min Stretch: 7 min Breakdown Drill:
15 - 25	GAME SITUATION:
25 - 45	TEAM DEFENSE: (Full Court)
45 - 65	TEAM OFFENSE: (Half Court)
65 - 80	SHOOTING:
80 - 85	TEAM DEFENSE:(Half Court)
85 - 100	SHOOTING INDIVIDUALS:
100-120	SCRIMMAGE:

Post Training Checklist



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Training Plan

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80 - 85	TEAM DEFENSE:(HALF Court)
85 - 100	SHOOTING INDIVIDUALS:
100-120	SCRIMMAGE:

Post Training Checklist
