

College Basketball Practice Plan



Date: 05/15/2056

Venue: Einstein Basketball Center C

TIME	ACTIVITY	OBJECTIVES
07:00 - 07:30	Basic Warm-Up and Stretching Exercises	• Warm up the players and get their body ready for the basketball drills to be conducted. • To increase heart rate and blood flow to enable the muscles to receive more oxygen.
07:35 - 08:30	Shooting Drills	• To place emphasis on improving the players' shooting abilities under pressure. • To improve the players' accuracy and technique when shooting from any range.
08:40 - 09:30	Dribbling Drills	• To place emphasis on improving the players' basic dribbling abilities and their execution under pressure. • To help new players get a better feel of how the ball handles.
09:35 - 10:00	Cooldown	• To allow the gradual recovery of the players' heart rate. • To reduce the possibility of muscle cramping and stiffness after the dri

Notes:

Report any injuries to the school's clinic or to the emergency personnel on standby

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Mike Jess

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