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	Oribbling 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

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Notes:

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

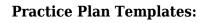






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Annelies Wilder-Smith



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