

# My Practice Plan

## 1. Warmup Exercises (5-10 Mins)

- Dynamic warmup, athletic development and footwork drills

## 2. Shooting Drills (10-20 Mins)

- Run drills to replicate shots you will get in the context of your offense
- Incorporate screening, cutting, dribbling and passing

## 3. Defensive Drills (10-15 mins)

- Choose 2-5 defensive drills run for 2 minutes each.
- Focus on foot quickness, aggressiveness, blocking out and rebounding

## 4. Offensive Drills (5-10 mins)

- Practice your offensive sets vs man to man and zone

## 5. Fast Break Drills (10-15 mins)

- Practice 2 on 1, 3 on 2, 4 on 0, 5 on 0 situations

## 6. Pressure Drills (10-15 mins)

- Practice your own pressure defense and attacking a pressure defense. Half, three-quarter and full court.

## 7. Special Situations (5 mins)

- Practice inbounds plays and situational set plays
- End of game, need a three etc.

## 8. Coaches Choice

- Fun game-like drill to finish practice
- Never do suicides at end of practice!

# Basketball Training Plan Template

**Jason R. Thompson**



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web jan 23 2020 type in the sets and intervals and then log it for free warm up 1 x 200 freestyle 8 x 25 kick optional try to keep your full body underwater as you kick breathing every few seconds main set 3x times 4 x 25 freestyle 1 x 50 freestyle cool down 6 x 25 freestyle related 4 week *usrpt* training plan

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