BASKETBALL

Basketball practice plan

1 h 08 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	8	**Layup lines** Outside foot, inside hand, high off the square; rebounder catches it before it bounces
☐	**28 min**	5	**Mikan drill** Ball stays high above your shoulders, catch it out of the net, step through and finish with the other…
☐	**33 min**	5	**Water break**
☐	**38 min**	20	**Scrimmage**
☐	**58 min**	10	**Cool-down** Easy jog, then static stretches

NOTES

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