

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

Sebastian Wild



Basketball Training Plan Template:

Developing Power NSCA -National Strength & Conditioning Association, Mike McGuigan, 2017-06-01 Authored by the National Strength and Conditioning Association Developing Power is the definitive resource for developing athletic power In Developing Power you ll find research based recommendations from the world s leading experts on power development Coverage includes the following Assessment protocols for testing jumps throws and ballistic exercises Step by step instructions for exercises and drills for upper body lower body and total body power Guidance on how to add progressions safely and effectively for continued development Multiple training methods such as explosive weight training Olympic lifts and plyometrics Ready to use programs for 12 of the world s most popular sports Leaving no topic uncovered Developing Power is the most comprehensive resource dedicated to increasing athletic power These are the exercises programs and protocols being used at the highest levels of sport and performance With Developing Power the experts at NSCA are ready to elevate your power Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Scientific Foundations and Practical Applications of Periodization G. Gregory Haff, 2024-02-23 While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Synching recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete s program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming

Nonlinear Pedagogy in Skill Acquisition Jia Yi Chow, Keith Davids, Chris Button, Ian Renshaw, 2021-12-30 Nonlinear Pedagogy is a powerful paradigm for understanding human movement and for designing effective teaching coaching and training programmes in sport exercise and physical education PE It addresses the inherent complexity in learning movement skills viewing the learner the learning environment and the teacher or coach as a complex interacting system The constraints of individual practice tasks provide the platform for functional movement behaviours to emerge during practice and performance The second edition includes new materials of practical theoretical and empirical relevance to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport PE and physical activity There is updated in depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education There is further emphasis on examining how transfer of learning is implicated in practice highlighting its relevance on skill adaptation and talent development The first

part of the book updates the general theoretical framework to explain processes of skill acquisition and motor learning This edition draws clearer links between skill acquisition expertise and talent development focusing on how specificity and generality of transfer have a role to play in the development of learners The book defines Nonlinear Pedagogy and outlines its key principles of practice It offers a thorough and critical appraisal of the functional use of instructional constraints and practice design It discusses methods for creating challenging and supportive individualised learning environments at developmental sub elite and elite levels of performance The second part focuses on the application of Nonlinear Pedagogy in sports and PE There is a greater emphasis on helping applied scientists and practitioners understand the impact of Nonlinear Pedagogy on transfer of learning Every chapter is updated to provide relevant contemporary cases and examples from sport and exercise contexts providing guidance on practice activities and lessons Nonlinear Pedagogy in Skill Acquisition is an essential companion for any degree level course in skill acquisition motor learning sport science sport pedagogy sports coaching practice or pedagogy or curriculum design in physical education *Proceedings of the 5th International Conference on New Media Development and Modernised Education (NMDME 2025)* Ming Chang, Shujie Su, Lei Su, Yajing Wang, 2026-01-28 This is open access book With the development of information network technology the new media supported by new technology has rapidly attracted people s attention because of its advantages over traditional media such as radio television newspapers and magazines In the era of information explosion new media shows the characteristics of speed convenience and large amount of information It is not only used in people s daily work but also sought after in the education industry People try to use new media to cultivate new talents who can keep up with the pace of social changes

Diversity and Inclusion Matters Jason R. Thompson, 2021-12-09 Expert guidance and step by step instruction for building a successful diversity equity and inclusion initiative from scratch In Diversity and Inclusion Matters Tactics and Tools to Inspire Equity and Game Changing Performance award winning diversity equity and inclusion DE I expert Jason R Thompson delivers a practical and engaging handbook for implementing a DE I program in your organization The CAPE technique developed by the author gives you a clear blueprint and the tools you ll need to make your diversity program a success In this book you ll learn how to achieve early and significant wins to create the necessary and long term organizational change needed for successful DE I programs Find out what data you need to collect how to analyze it and choose the right goals for your organization In addition the CAPE technique will show your progress and ROI You will learn to Manage and lead a diversity council and implement diversity initiatives in the correct order Get early buy in and long term commitment from a Chief Executive Officer by knowing what to ask for and when Set appropriate and realistic expectations for a DE I program with the executive leadership team Perfect for diversity and inclusion professionals human resources leaders founders business owners and executives Diversity and Inclusion Matters will also earn a place in the libraries of students of human resources leadership management and finance **The Social Studies FIELD Guide** Joe Schmidt, Glenn Wiebe, 2025-03-07

Your roadmap to creating engaging and impactful social studies lessons that prepare students for the adventures and challenges of tomorrow In today s rapidly changing society it is essential for students to develop critical thinking and evidence based reasoning skills The traditional model of rote memorization of dates and facts in social studies classrooms no longer engages students or adequately prepares them for the complexities of the modern world In The Social Studies FIELD Guide authors Joe Schmidt and Glenn Wiebe illuminate a transformative path for educators to improve social studies education by moving away from memorization and towards meaningful and active learning This comprehensive guide delves into the heart of inquiry based learning integrating the rich tapestry of primary sources and the cutting edge potential of educational technology As the educational landscape evolves this FIELD Foundational Evidence Inquiry EdTech and Lesson Design Guide is a beacon for teachers seeking to bring history and civics alive for their students By utilizing primary sources and encouraging students to think critically about historical events from multiple perspectives the FIELD framework fosters a deeper understanding of past events and their relevance to current issues through Innovative Framework Provides a cohesive structure through the FIELD acronym for creating dynamic social studies lessons Research Driven Insights Offers a synthesis of key research in social studies education equipping teachers with evidence based strategies for classroom success Practical Application Presents Hikes in each chapter offering instructional ideas that translate theoretical concepts into actionable classroom practices Technology Integration Guides educators in leveraging educational technology tools to enhance student engagement and learning outcomes Focus on Inquiry Integrates inquiry based learning where students explore authentic questions and investigate real world problems Step into the future of social studies education with The Social Studies FIELD Guide an indispensable resource that distills decades of teaching expertise into actionable insights empowering educators to craft meaningful and engaging lessons without the burden of sifting through overwhelming resources Each chapter is a wellspring of tools examples and practical ideas ensuring that social studies teachers can navigate the wilderness of modern education with confidence and creativity

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