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Protocol status: Working
We use this protocol and it's working

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85828

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Basketball Exercise

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ABSTRACT

A simple basketball training plan.

GUIDELINES

Just try your best to finish it

MATERIALS

One basketball
Go to basketball court

SAFETY WARNINGS




Watch your health situation

Warm Up

1 Run To That Lines

3m

 00:03:00

Dribble Exercise

4m 10s

2 Ball Rubs

10s

 1 x  00:00:10

3 Single Leg Wraps

40s

-Left  1 x  00:00:20

-Right  1 x  00:00:20

4 3-3-3 Dribble Drill

20s

 2 x  00:00:20

PS: with variations

5 Cone Dribbling

3m

 1 x  00:03:00

-with variations

Shooting Exercises

2m 40s

6 Form Shooting (one hand)



40s

-Left  1 x  00:00:20

-Right  1 x  00:00:20

7 1-2 Steps Lay-Ups


2m

 1 x  00:02:00 for each side

8 Shooting Line Game (Games to 8 makes)

Cometing

9 Dribble Relays

 2 x

10 3 on 3 Games
(games to 5)