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

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Basketball Exercise

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ABSTRACT

A simple basketball training plan.

GUIDELINES

Just try your best to finish it

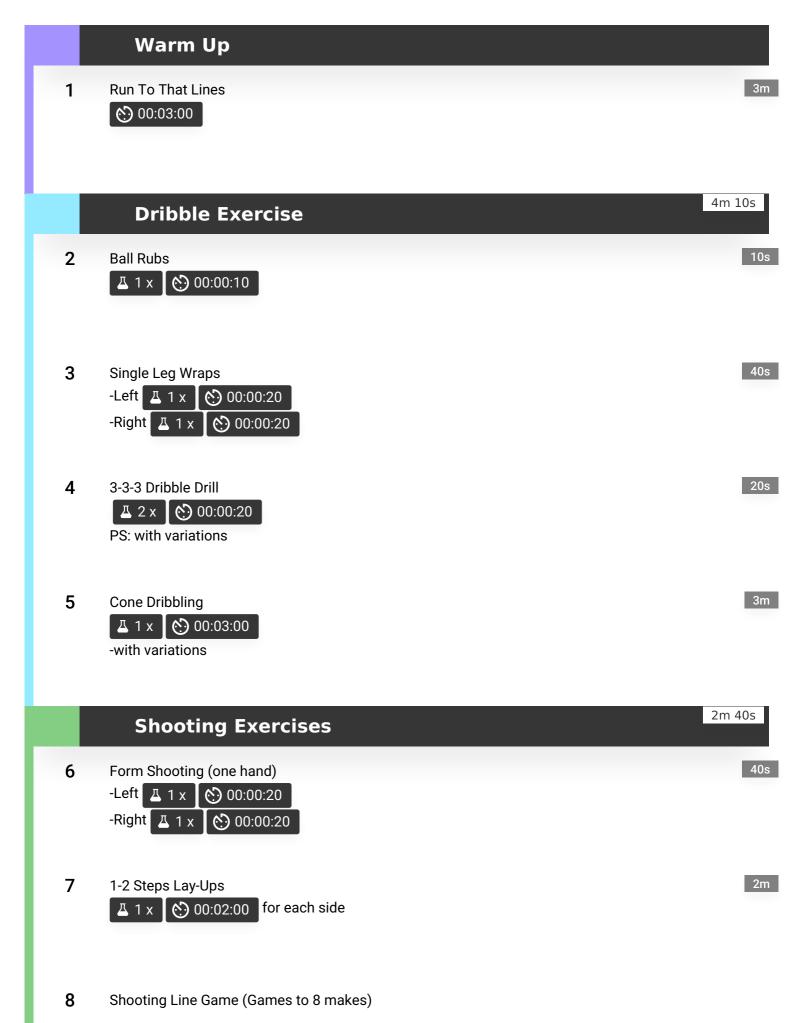
MATERIALS

One basketball
Go to basketball court

SAFETY WARNINGS



Watch your health situation



Cometing

9 Dribble Relays



3 on 3 Games (games to 5)