

Basketball Training Journal Template

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blueprintbasketball.com | College basketball is fun and also requires adequate training to make the team great. With this PDF college basketball practice plan template, any coach can make the best plans to keep the team focused. It has diagrams showing points to train on for a given day to perfect certain moves and coordination for the team.

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By keeping a training log you will be able to 'ER' and stack the odds in your favor of reaching your perusal goals. If you'd like more info on improving athletic performance take a look at "Mental Training for Athletic Performance." OK...what works for you with training logs? Please let me know in the comments below: Related articles

Training Logs For Increased Athletic Performance

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