

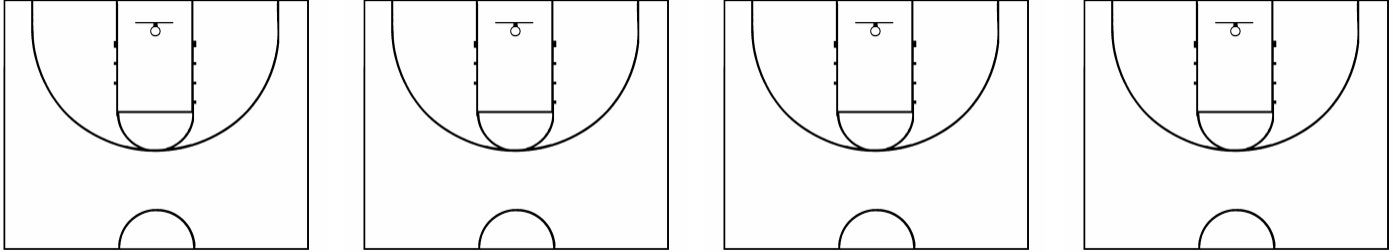


# Basketball Practice Plan

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT [WWW.WMBA.CA](http://WWW.WMBA.CA)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_

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Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_