



TRAINING SESSION PLANNER

Each section should last around 10 minutes and might have two activities planned for a section

<p>WARM UP</p> <p>Plan the warm up section of the training. Warm ups need to be designed to get the players ready to practice and enhance their skills at the same time. For instance, the players need to shoot for five minutes and then run for five minutes.</p>	
<p>SKILL DEVELOPMENT</p> <p>Pick activities to develop the skills in the next section of the training. The best way to do this is to watch the players and see where they need the most help. Skill development is used for creating plays, teaching rebounds and instructing the team the specifics of basketball game play.</p>	
<p>FITNESS</p> <p>Select activities that help the team gain stamina and fitness such as continuous dribbling, running lines or practicing various forms of passes. Remember to review the players' skills so you can emphasize what each player needs.</p>	
<p>COOL DOWN</p> <p>Set aside a cool down period. A cool down period needs to consist of less strenuous activities such as taking turns making free throws or dribbling in place.</p>	