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Basketball Exercise

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Protocol status: Working

We use this protocol and it's working

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Funders Acknowledgements:

ziyong

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

00:03:00

3m

Dribble Exercise

4m 10s

2 Ball Rubs

1 x 00:00:10

10s

3 Single Leg Wraps

-Left 1 x 00:00:20

-Right 1 x 00:00:20

40s

4 3-3-3 Dribble Drill

2 x 00:00:20

PS: with variations

20s

5 Cone Dribbling

1 x 00:03:00

-with variations

3m

Shooting Exercises

2m 40s

6 Form Shooting (one hand)

-Left 1 x 00:00:20

-Right 1 x 00:00:20

40s

7 1-2 Steps Lay-Ups

1 x 00:02:00 for each side

2m

8 Shooting Line Game (Games to 8 makes)

Cometing



9 Dribble Relays

 2 x

10 3 on 3 Games
(games to 5)