

Basketball Practice Plan

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 _____

95 min _____

100 min _____

105 min _____

110 min _____

115 min _____

120 min _____

Points of Emphasis _____

Announcements _____

Next Game – Date: _____ Time: _____ Location: _____ Vs: _____

Next Practice – Date: _____ Time: _____ Location: _____

Absentees _____

Notes _____

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With permission from Winnipeg Minor Basketball