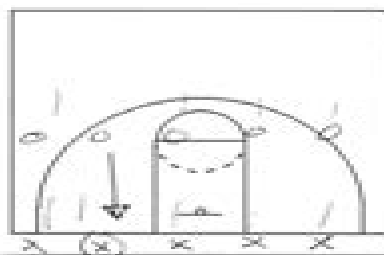
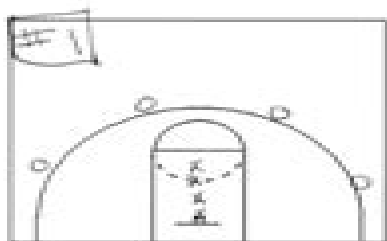


Practice: 6Opponent: HannibalDate: 12-11-16

## C-SC Women's Basketball Practice Plan

Time	Drill
4:00	Review Green/Blue
4:06	Getting open
4:10	State A
4:25	Closeout shell #1
	- stationary to live
4:32	Half court D'
4:38	FT rebounding → outlet to offense
4:48	Transition D' #2
4:55	Breakout shooting - Both sides
5:05	'Hip' installation
5:10	'Hip Strain' installation
5:16	Handle Pressure w/ Partner
	- sweep - stop
5:20	KC Drill
5:25	Pressure D'
5:33	1 on 1 from wing
	- stop to get out
5:39	Ball in Cigler



NOTES &amp; ANNOUNCEMENTS:

NEXT PRACTICE/GAME:

Tomorrow's open / w/ rights team

Points of Emphasis:

Review Green/Blue  
Transition D'  
'Hip' + Hip strong  
Pressure Defense  
- w/ handling

**BLUE**

- 1) Halle
- 2) Amanda
- 3) Josie
- 4) Androska
- 5) Rosa
- 6) Terra
- 7) Nicole
- 8)

**GRAY**

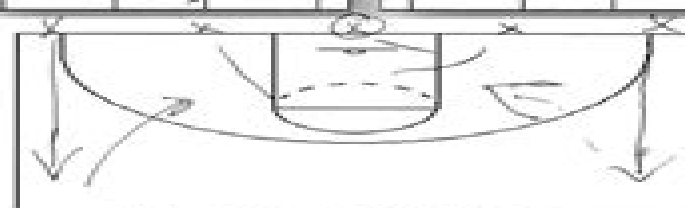
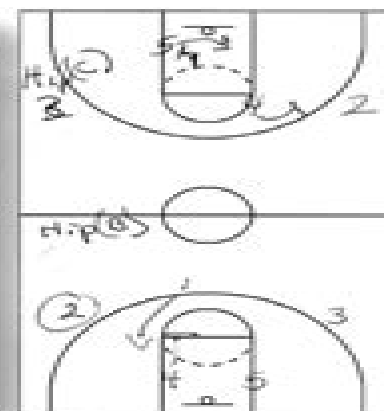
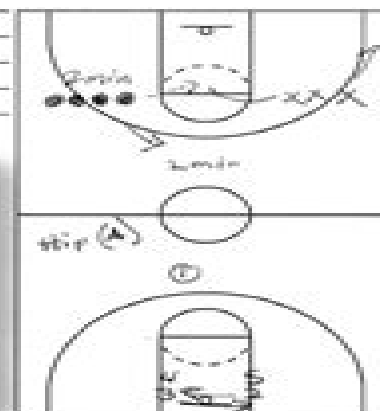
- 1) Hannah
- 2) Lucy (Spr)
- 3) Carly
- 4) Dgip
- 5) Hahlyn
- 6) Court
- 7) Hawaii
- 8)

**WHITE**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)

OUT: McKenna

LATE: Ann / Androska / Josie / Hawaii



KC Drill 3 man wave

# Basketball Training Program Sample

**Russell B. DeVette, William R.  
Vanderbilt**



## **Basketball Training Program Sample:**

52-week Basketball Training Chip Sigmon, 2003 Designed for both male and female players this title presents daily workouts for optimal training throughout the year so that players can withstand the rigors of the sport Explanations and detailed illustrations provide clear instruction on how to perform each of the 192 drills and exercises **Essentials of Strength Training and Conditioning 4th Edition** Haff , G. Gregory , Triplett , N. Travis , 2015-09-23 Developed by the National Strength and Conditioning Association Essentials of Strength Training and Conditioning Fourth Edition is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice *Essentials of Strength Training and Conditioning* NSCA -National Strength & Conditioning Association, 2021-06 Developed by the National Strength and Conditioning Association NSCA and now in its fourth edition Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students This comprehensive resource created by 30 expert contributors in the field explains the key theories concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance The scope and content of Essentials of Strength Training and Conditioning Fourth Edition With HKPropel Access have been updated to convey the knowledge skills and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist CSCS exam The evidence based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities The fourth edition contains the most current research and applications and several new features Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use Updated research specifically in the areas of high intensity interval training overtraining agility and change of direction nutrition for health and performance and periodization helps readers better understand these popular trends in the industry A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements Ten additional tests including those for maximum strength power and aerobic capacity along with new flexibility exercises resistance training exercises plyometric exercises and speed and agility drills help professionals design programs that reflect current guidelines Key points chapter objectives and learning aids including key terms and self study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real world settings making the information immediately relatable and usable Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information Further both students and professionals will benefit from the online videos of 21

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**Physical Education, Health and Education Innovation** Jorge Carlos-Vivas,Noelia Belando Pedreño,Manuel Gómez-López ,Paulo Jorge Martins,David Manzano Sánchez,2024-10-10 Today s society demands to train children and adolescents who develop in an environment based on respect and the promotion of educational values This aspect is especially relevant to promoting physical activity and its relationship with healthy habits such as the consumption of unprocessed foods the reduction of a sedentary lifestyle and the improvement of adherence to sports In this sense the World Health Organization warns that the current rates of overweight and obesity are very high and that we must combat them From formal education you can help improve healthy habits with educational programs and especially in Physical Education a subject where the work of physical social and cognitive well being has special relevance Since the 20th century studies and research that have aimed to combat unhealthy habits in educational centres and sports schools have increased Not only by promoting physical activity within the school but above all by seeking to generate adherence towards the future of students and athletes

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