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| ***TRAINING PLAN*** | | | | |
| DATE |  | | TIME |  |
| **GOALS** | | | | |
| LEARNING PRIORITIES | | Offense - | | |
| Defense - | | |
| NOTES | |  | | |
|  | | |
| **TIME** | **SKILL / ACTIVITY** | | **LEARNING FOCUS** | **NOTES** |
|  |
|  | WARM UP | |  |  |  |
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|  |
|  | BALL HANDLING | |  |  |  |
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|  |
|  | SHOOTING TECHNIQUE | |  |  |  |
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|  |
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|  |
|  | DEFENSE | |  |  |  |
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|  |
|  | SMALL SIDED GAMES (1v1, 2v2, 3v3) | |  |  |  |
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|  | GAME PLAY | |  |  |  |
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|  |
|  | FUN ACTIVITY | |  |  |  |
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