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| ***TRAINING PLAN*** |
| DATE |   | TIME |   |
| **GOALS** |
| LEARNINGPRIORITIES | 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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|   | 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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