



# Basketball Sport Specific Training Outline

- I. Introduction**
- II. Warm-Ups**
  - A. Stretching
  - B. Running Drills
- III. Offense**
  - A. Triple Threat
  - B. Shooting
    - 1. Fundamentals
    - 2. Drills
  - C. Passing
    - 1. Fundamentals
    - 2. Drills
  - D. Dribbling
    - 1. Fundamentals
    - 2. Drills
- IV. Defense**
  - A. Individual
    - 1. Fundamentals
    - 2. Drills
  - B. Team
    - 1. Fundamentals
    - 2. Drills
- V. Rebounding/Blocking Out**
  - A. Individual
    - 1. Fundamentals
    - 2. Drills
  - B. Team
    - 1. Fundamentals
    - 2. Drills
- VI. Setting up A Practice**
- VII. Closing**