

**NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**DEPARTMENT OF PHYSICAL EDUCATION**

**MONTHLY BASKETBALL TRAINING PLAN (COMPETATIVE TRAINING)**

<b>DAY</b>	<b>TIME (MIN)</b>	<b>MORNING SESSION</b>	<b>TIME (MIN)</b>	<b>EVENING SESSION</b>
<b>MONDAY</b>	<b>15</b>	Warm up	<b>15</b>	Warm up
	<b>30</b>	Group Tactics	<b>15</b>	Shooting
	<b>15</b>	Endurance	<b>45</b>	Game practice
	<b>15</b>	Shooting	<b>15</b>	warm down
	<b>15</b>	Warm down	-	-
	-	-	-	-
<b>TUESDAY</b>	<b>15</b>	Warm up	<b>15</b>	Warm up
	<b>30</b>	Speed Training	<b>25</b>	Individual Tactics
	<b>15</b>	Speed related drills	<b>15</b>	Pre-Game Warm up Drills
	<b>15</b>	Shooting	<b>35</b>	Game
	<b>15</b>	Warm down	<b>15</b>	Warm Down
	-	-	-	-
	-	-	-	-
<b>WEDNESDAY</b>	<b>15</b>	Warm up	-	
	<b>30</b>	Specific Agility	-	
	<b>20</b>	Specific Endurance	-	
	<b>20</b>	Group Tactics	-	
	<b>15</b>	Warm down	-	
	-	-	-	

<b>THURSDAY</b>	<b>15</b>	Warm up	<b>15</b>	Warm up
	<b>30</b>	Strength Endurance	<b>25</b>	Progression Drills
	<b>15</b>	Flexibility	<b>15</b>	Team Tactics
	<b>20</b>	Shooting	<b>35</b>	Training Match
	<b>20</b>	Team Tactics	<b>15</b>	Warm Down
	<b>15</b>	Warm down	-	-
<b>FRIDAY</b>	<b>15</b>	Warm up	<b>25</b>	Warm up
	<b>30</b>	Specific Speed	<b>25</b>	Progression Drills
	<b>15</b>	Flexibility	<b>25</b>	Group Tactics
	<b>20</b>	Shooting	<b>20</b>	Shooting
	<b>20</b>	Individual Tactics	<b>60</b>	Training Match
	<b>20</b>	Team Tactics	<b>15</b>	Warm Down
<b>SATURDAY</b>	<b>15</b>	Warm up	-	<b>OFF</b>
	<b>25</b>	Shooting	-	
	<b>60</b>	Game	-	
	<b>25</b>	Fun Game	-	
	<b>15</b>	Warm Down	-	
			-	
<b>SUNDAY</b>	<b>Holiday</b>			