



# **Basketball Coach Book**

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**Team**

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**Season**

**Basketball Manitoba**

200 Main Street, Winnipeg, MB, R3C 4M2

Phone (204) 925-5775

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# Team Roster

Team Name \_\_\_\_\_ Team Nickname \_\_\_\_\_

Age / Grade Level \_\_\_\_\_  Boys  Girls  Coed

Uni #	Player Name	Position	Height	Age / Grade

Head Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Manager(s) \_\_\_\_\_

Team Colors \_\_\_\_\_



# Emergency Player Information

*Fill this out at the first team practice and keep it with you at all games & practices*

#	Player's Name	Home Address	Postal Code	Phone Number	Birthdate (dd/mm/yyyy)	MB Medical Numbers	Emergency Contact & Phone Numbers
1					/ /		Name: Ph:
2					/ /		Name: Ph:
3					/ /		Name: Ph:
4					/ /		Name: Ph:
5					/ /		Name: Ph:
6					/ /		Name: Ph:
7					/ /		Name: Ph:
8					/ /		Name: Ph:
9					/ /		Name: Ph:
10					/ /		Name: Ph:
11					/ /		Name: Ph:
12					/ /		Name: Ph:
13					/ /		Name: Ph:
14					/ /		Name: Ph:
15					/ /		Name: Ph:





Notes:

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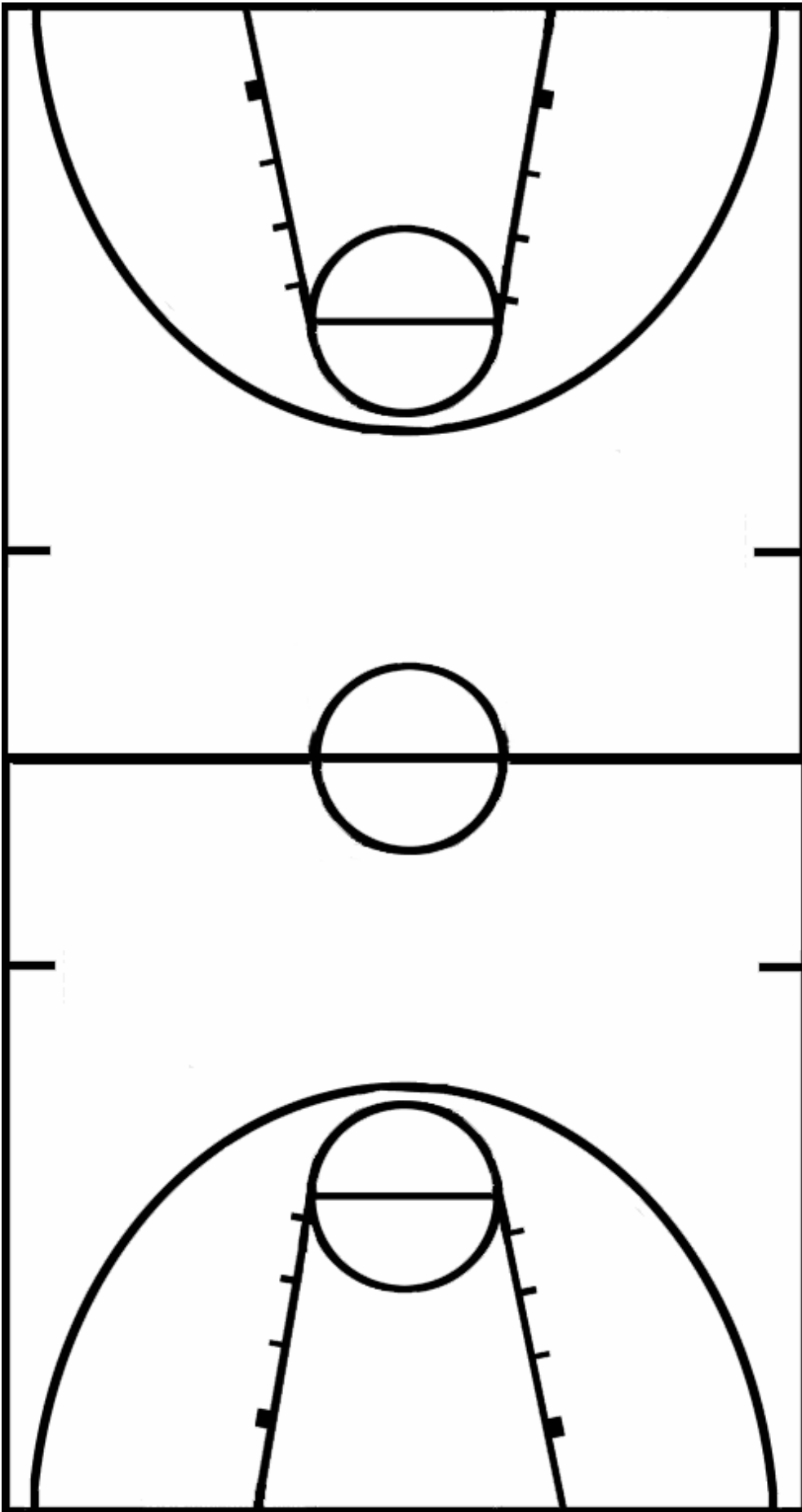
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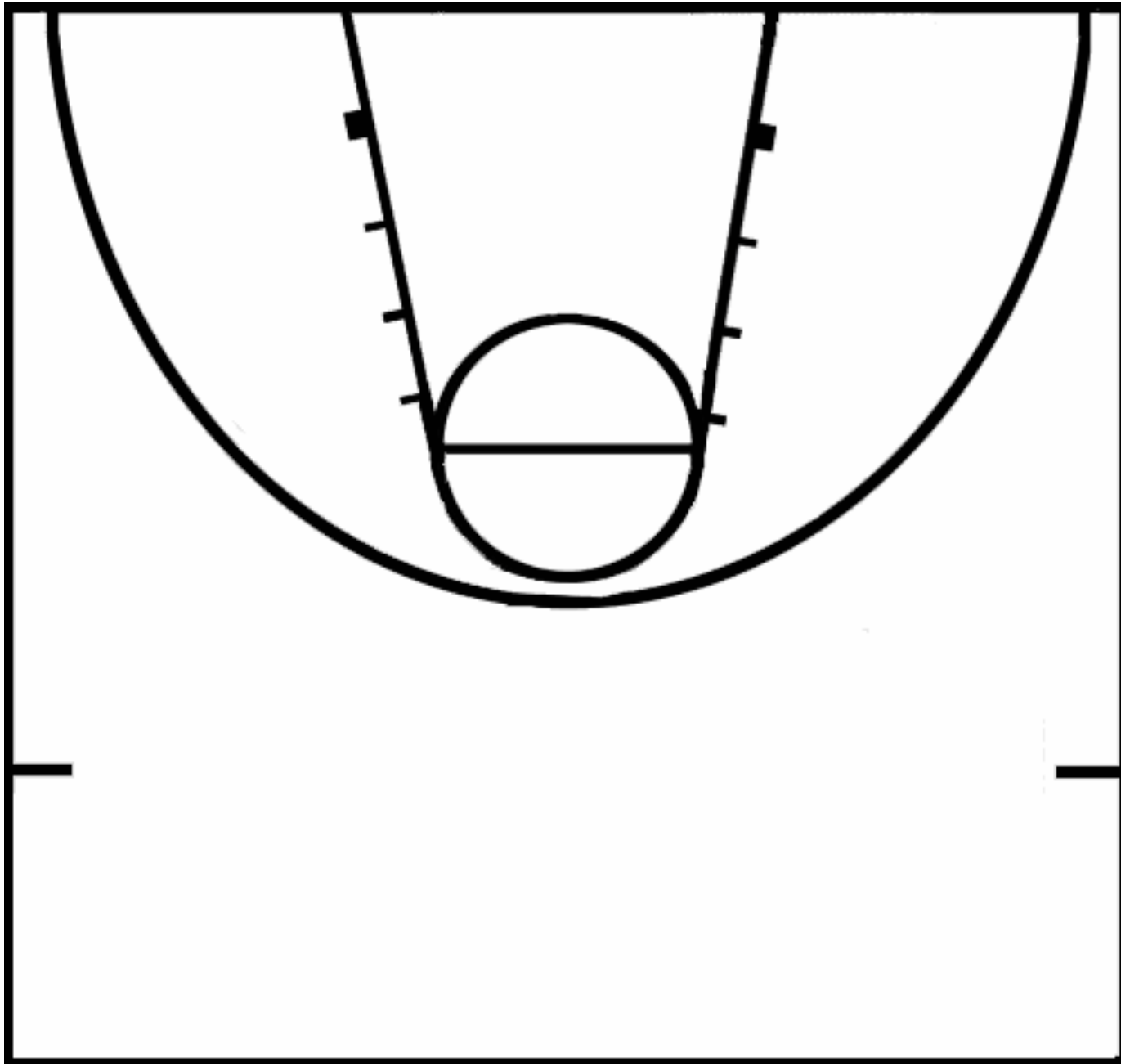
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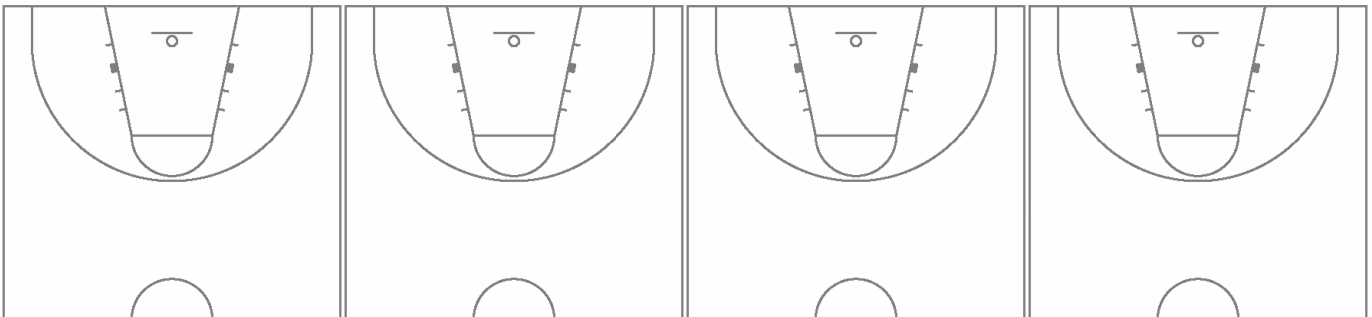
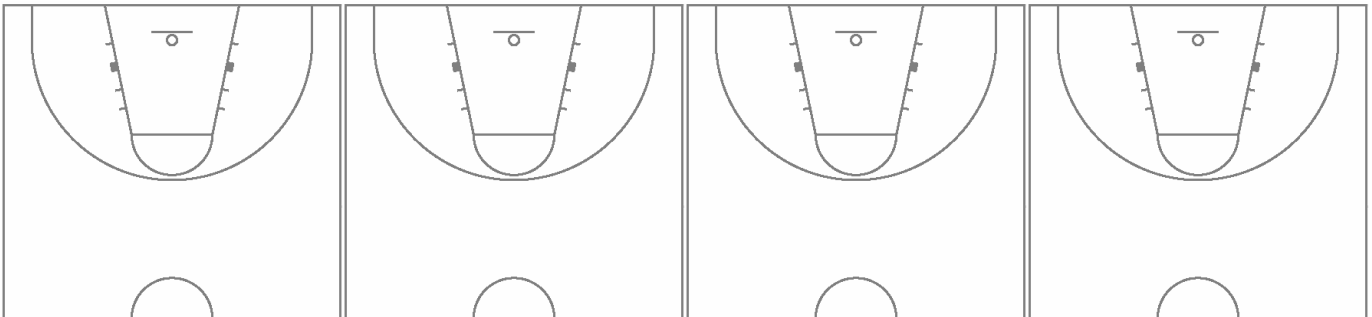
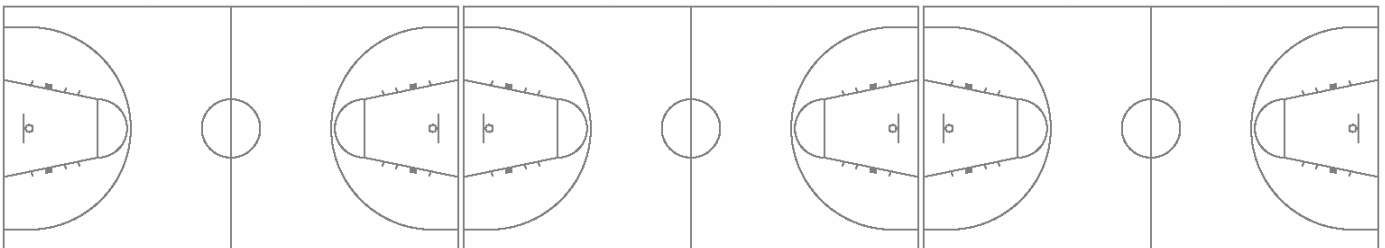
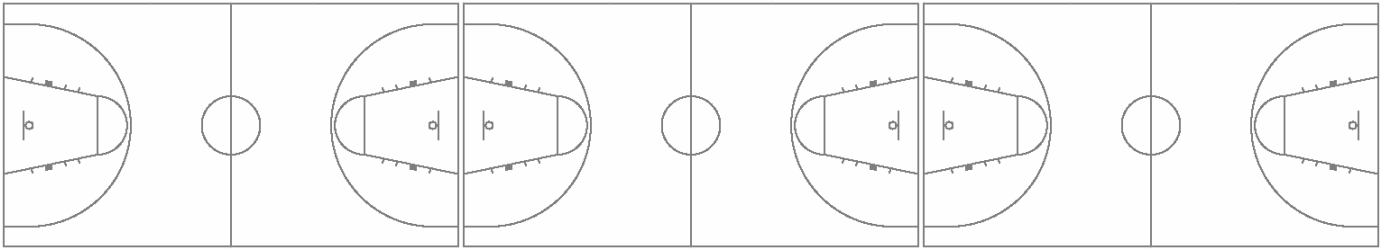
**Instructions:** Flip the clear plastic sheet over top of either the full court or half court diagrams. Use **DRY ERASE** marker only. Diagram both your offensive and defensive plays and strategies. Erase when finished.





# Basketball Courts

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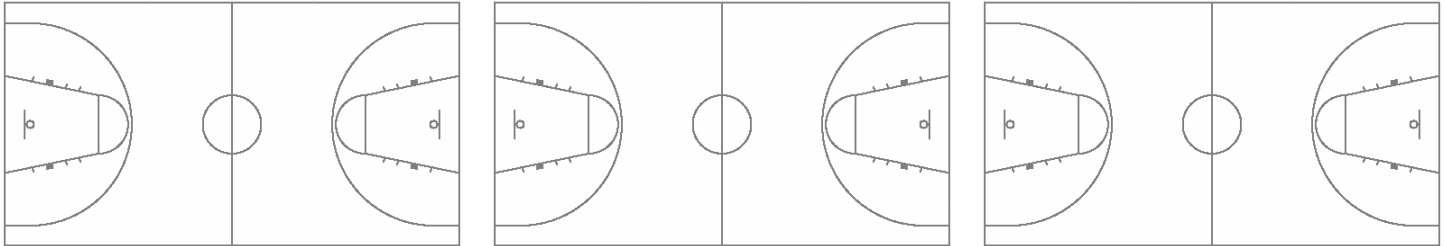


# Basketball Practice Plan

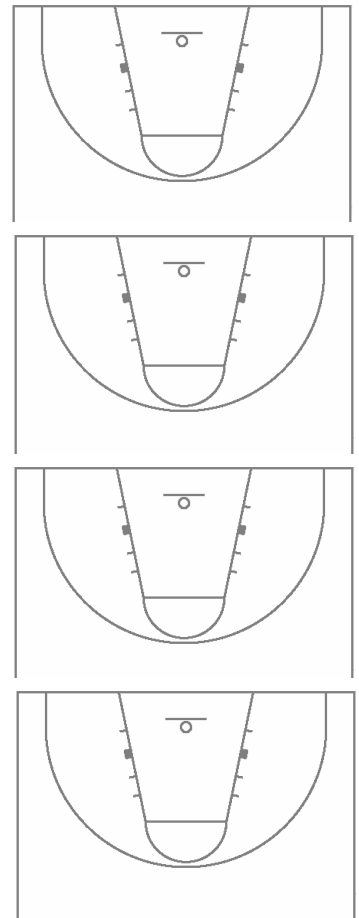
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

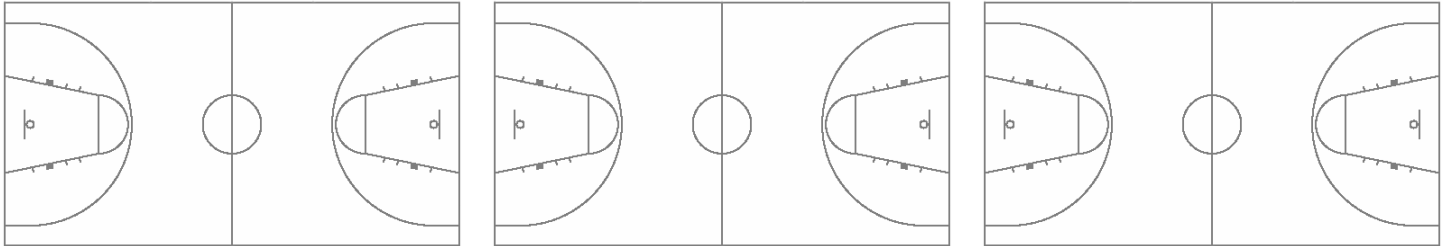
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 Phone (204) 925-5774 Fax (204) 925-5929  
 Email info@wmba.ca Web site www.wmba.ca

# Basketball Practice Plan

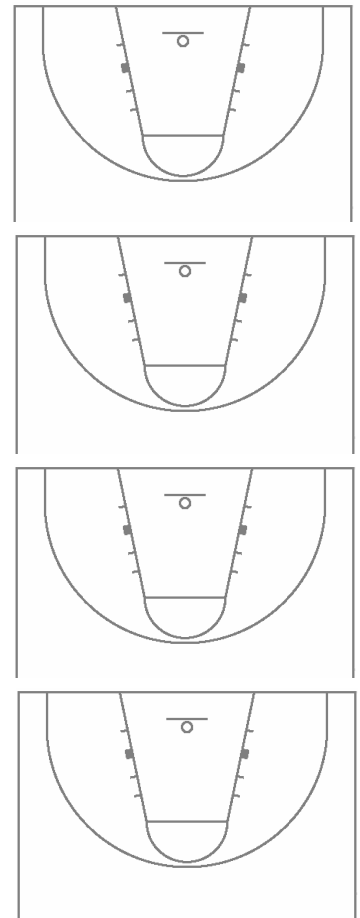
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
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7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

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1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

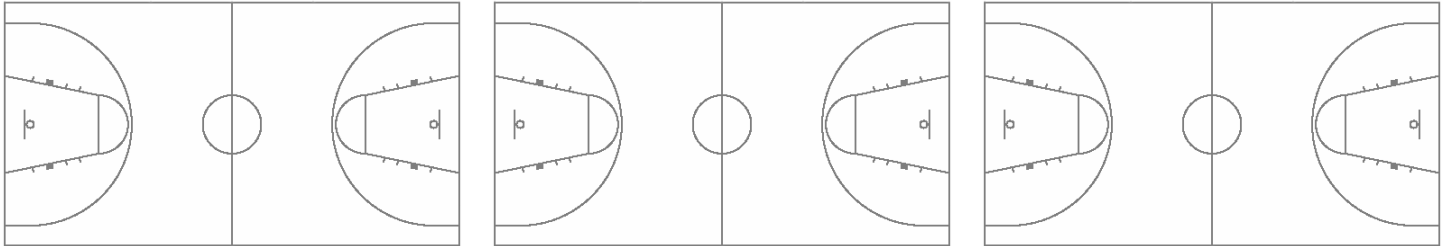
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# Basketball Practice Plan

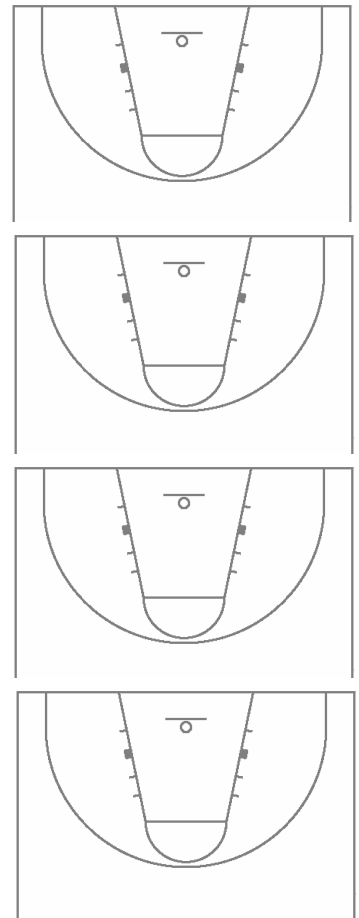
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

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- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
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15. \_\_\_\_\_

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- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

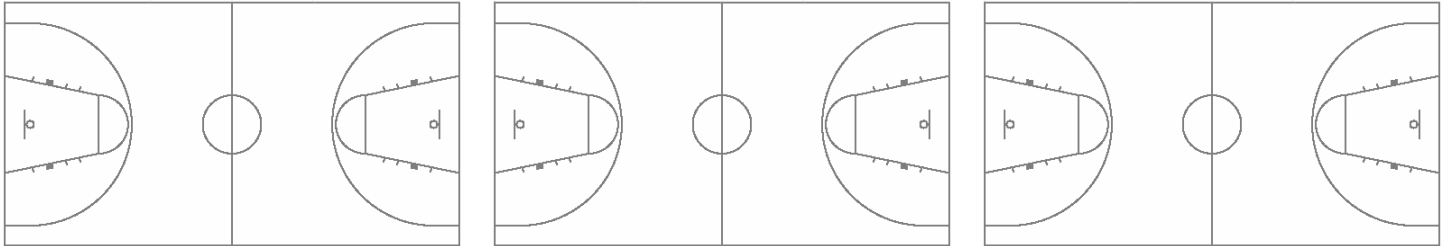
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 Phone (204) 925-5774 Fax (204) 925-5929  
 Email info@wmba.ca Web site www.wmba.ca

# Basketball Practice Plan

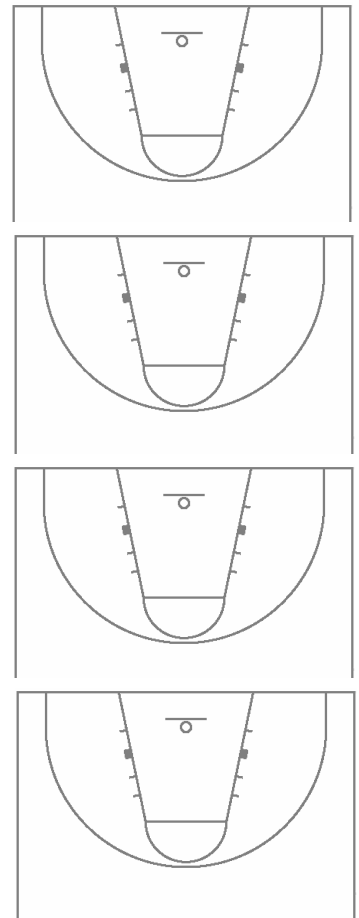
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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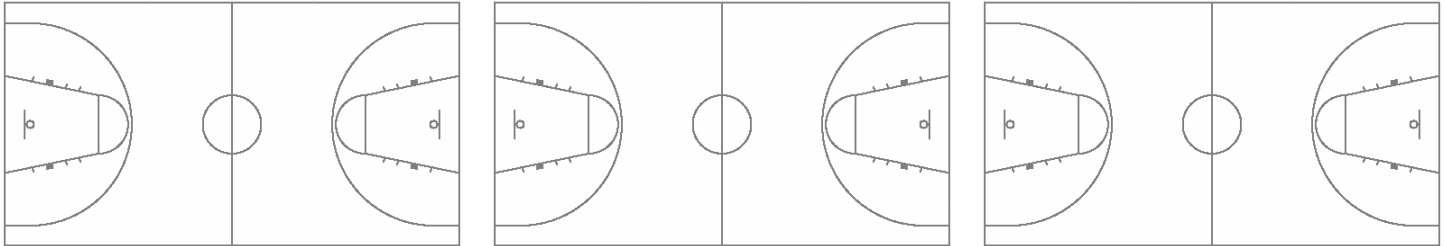


# Basketball Practice Plan

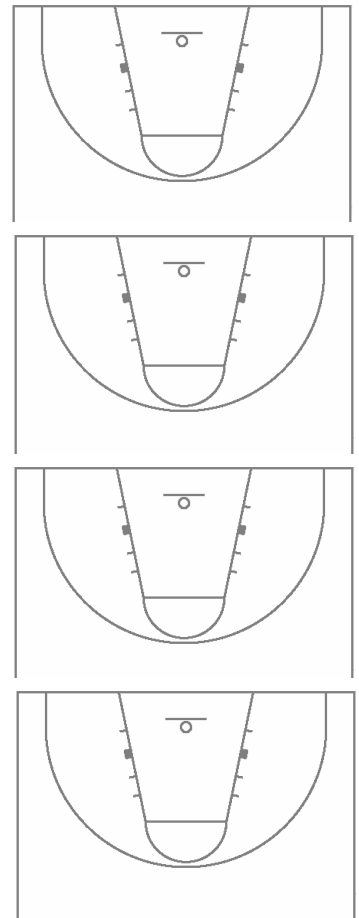
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
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- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
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4. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

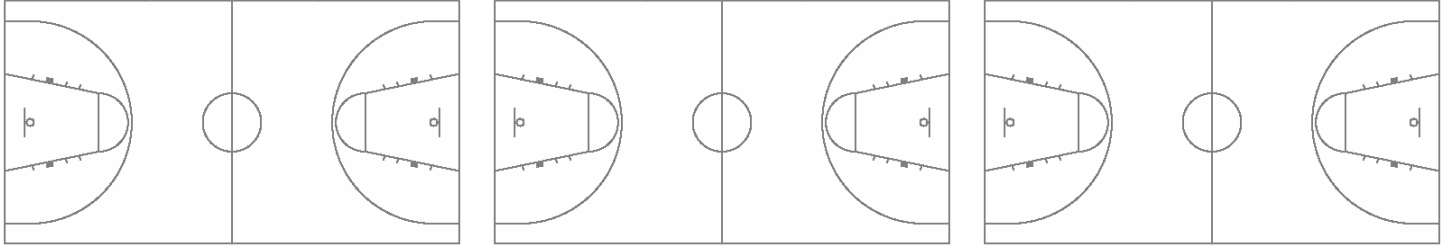
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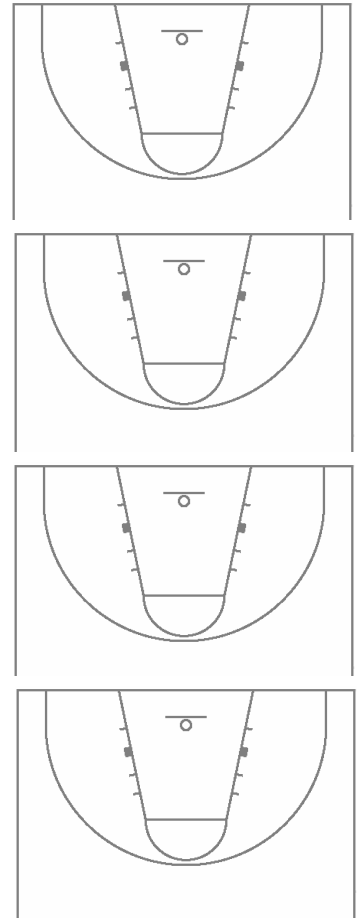
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
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- 40 min \_\_\_\_\_
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- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

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4. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

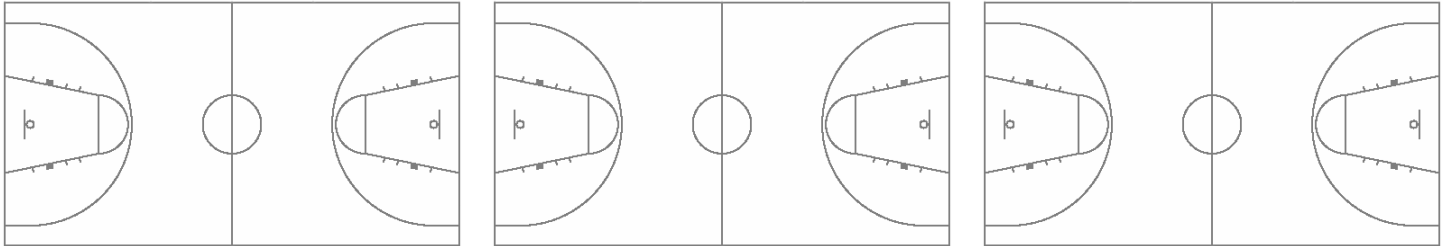
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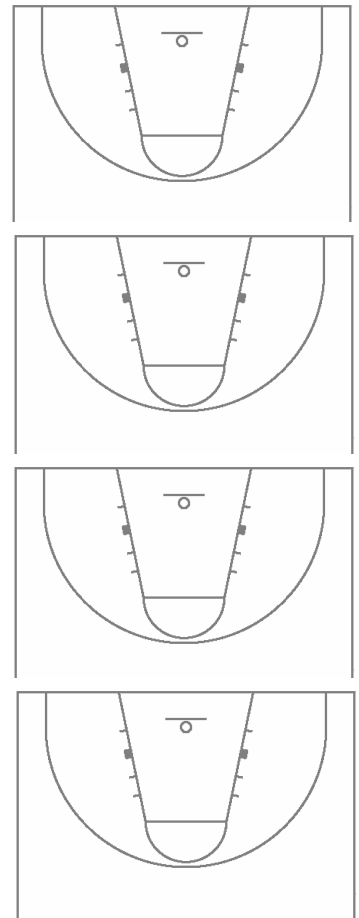
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Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
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# Playing Time Tracker

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## Team Roster

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### Notes

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### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

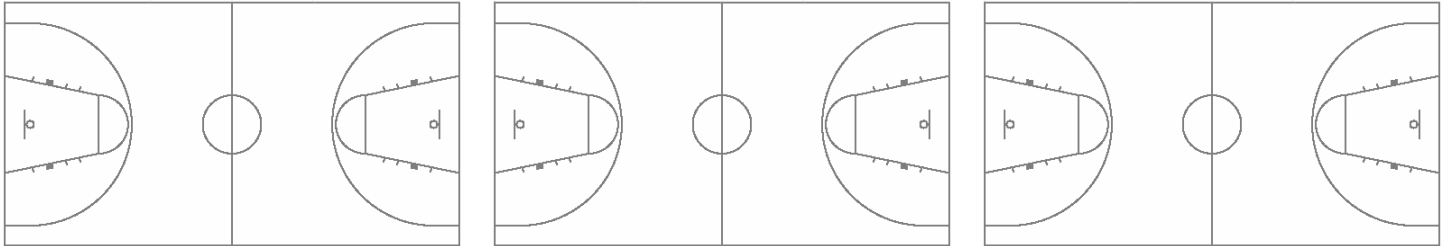
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# Basketball Practice Plan

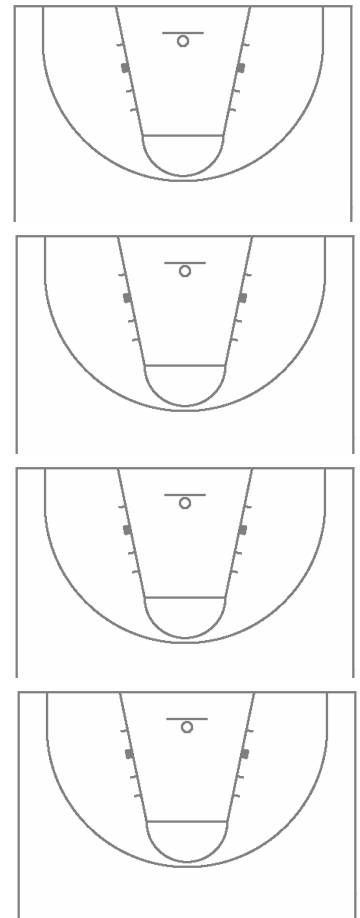
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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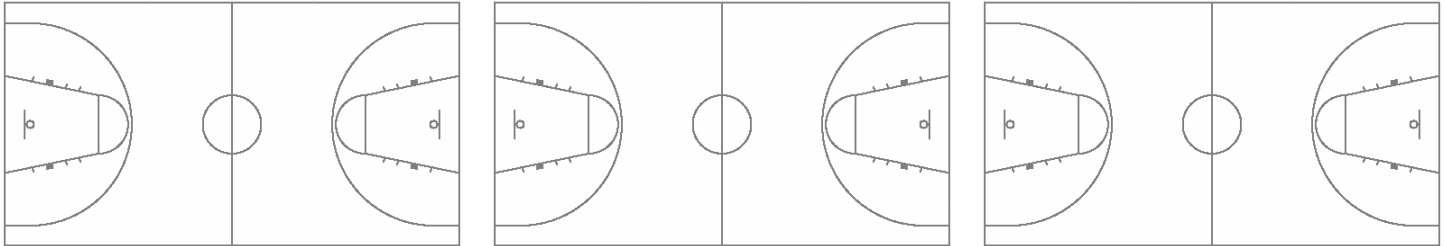


# Basketball Practice Plan

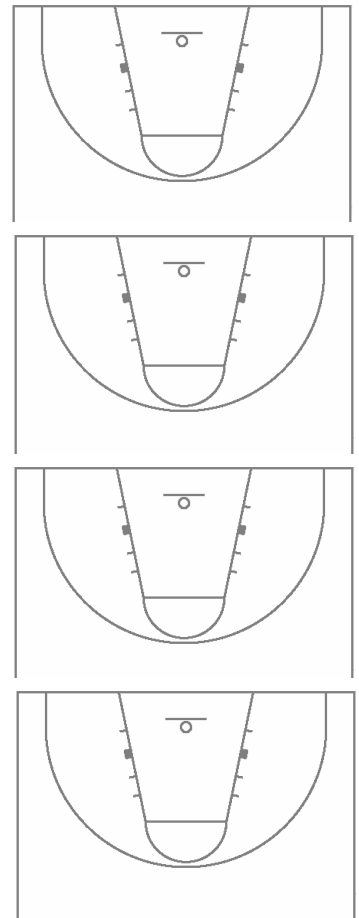
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

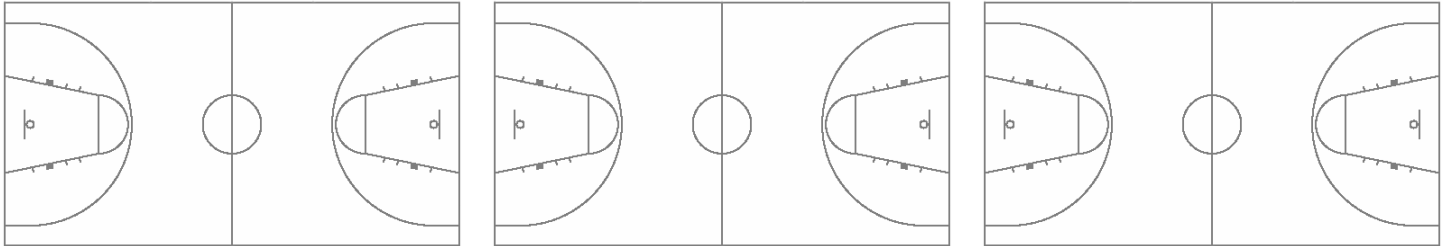
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# Basketball Practice Plan

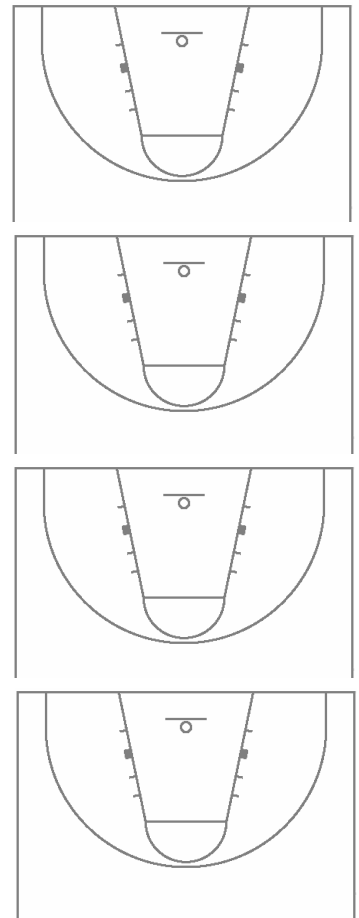
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

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## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

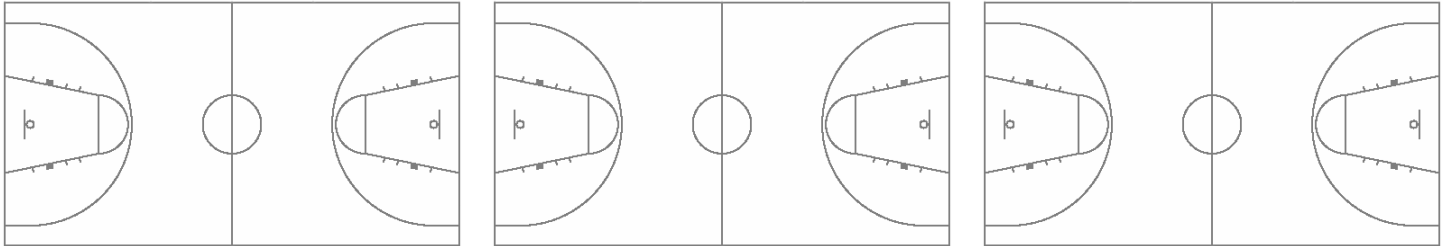
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 Email info@wmba.ca Web site www.wmba.ca

# Basketball Practice Plan

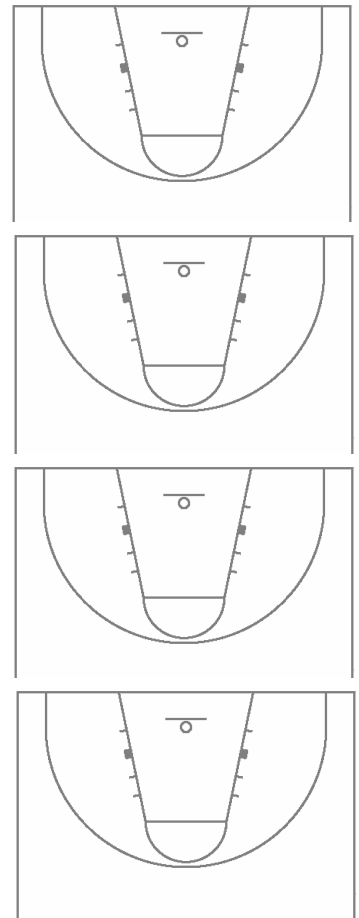
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

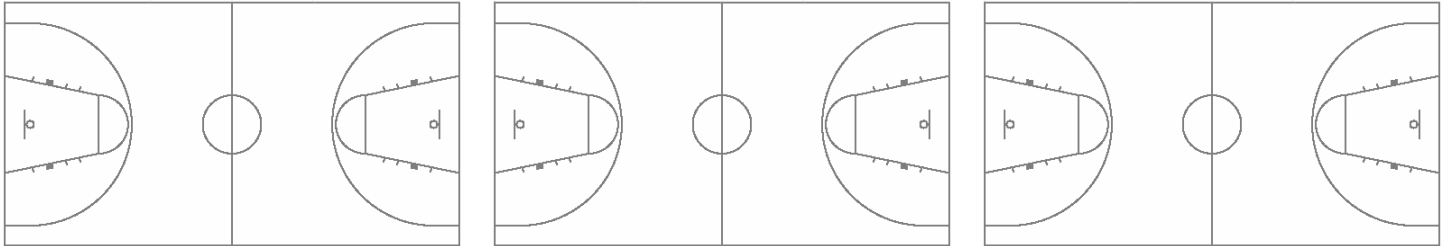
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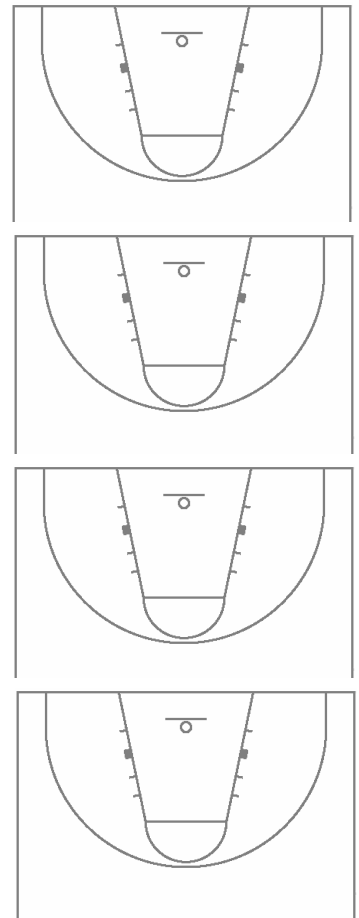
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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7. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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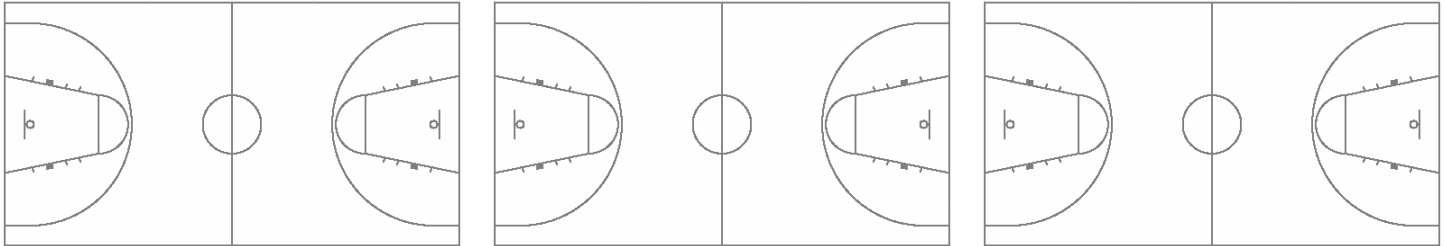


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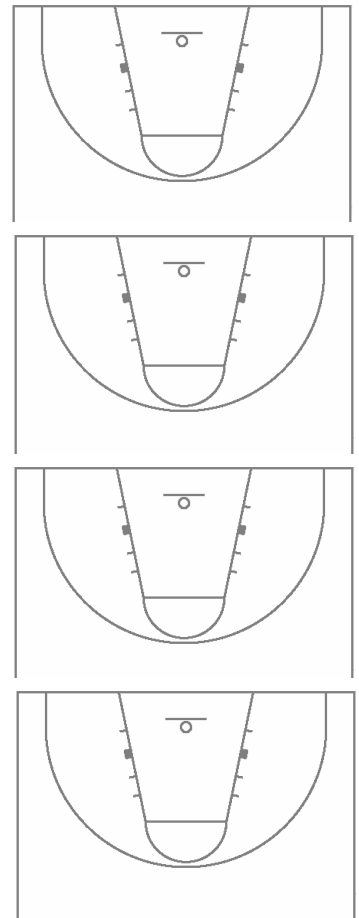
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
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- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

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11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

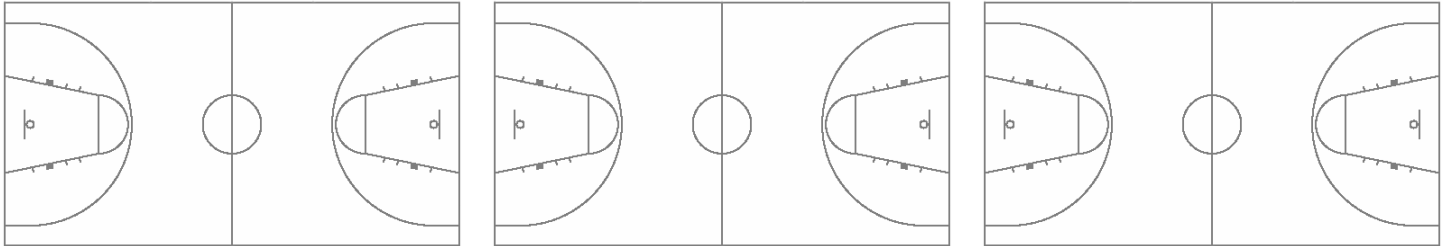
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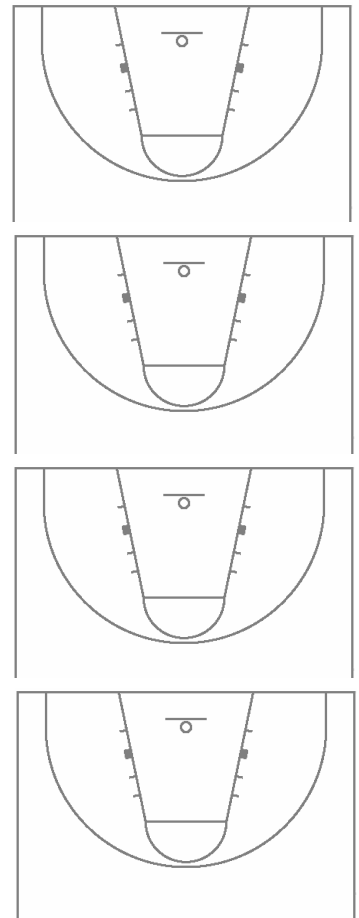
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Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
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- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
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# Playing Time Tracker

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## Team Roster

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### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

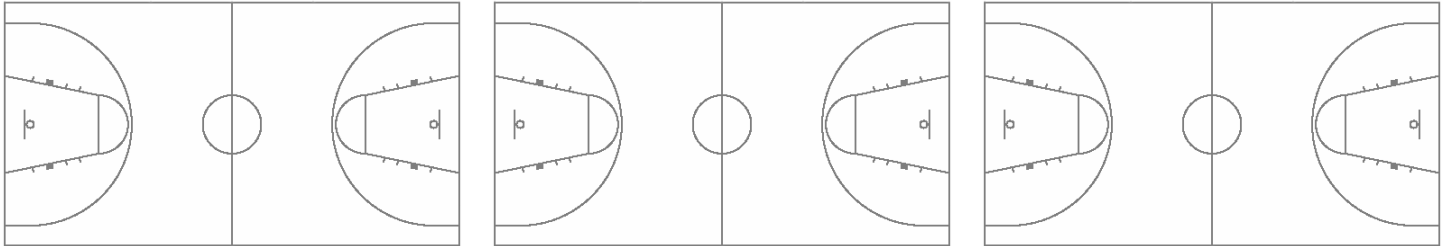
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# Basketball Practice Plan

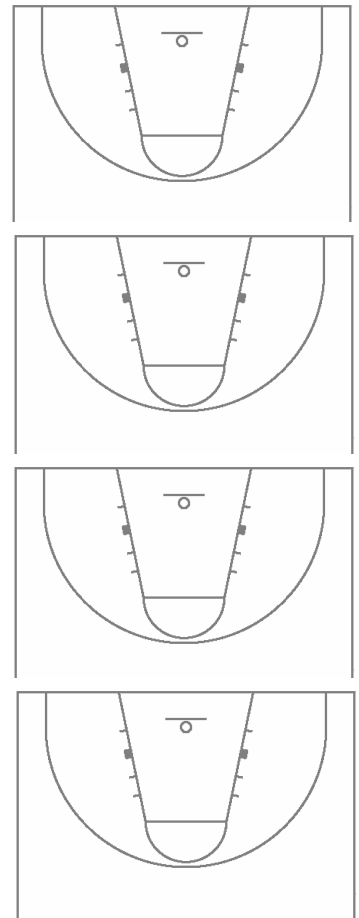
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

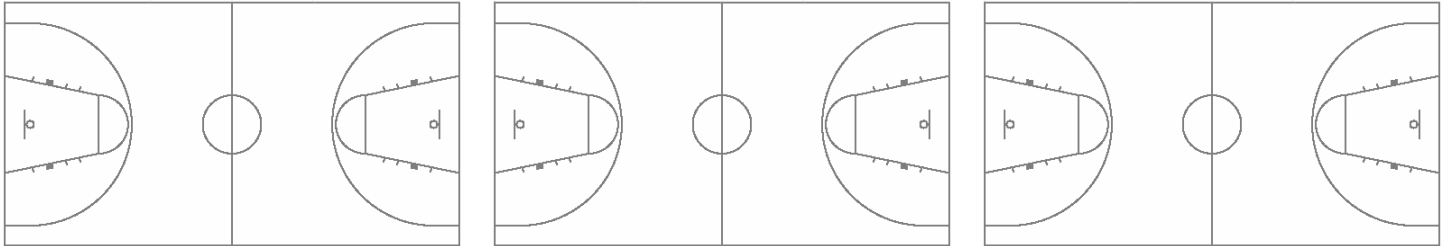
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# Basketball Practice Plan

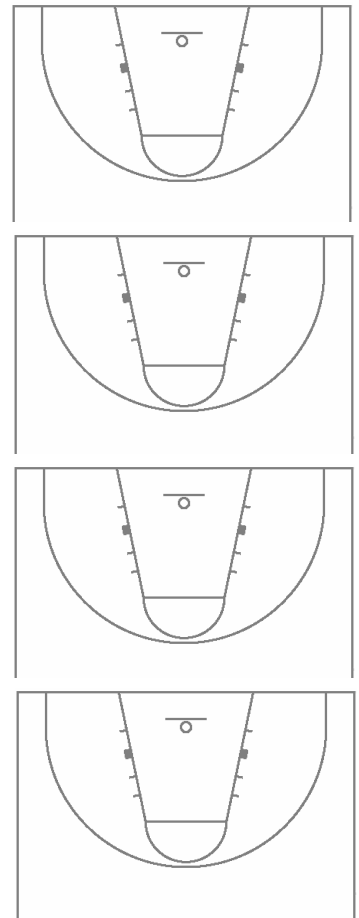
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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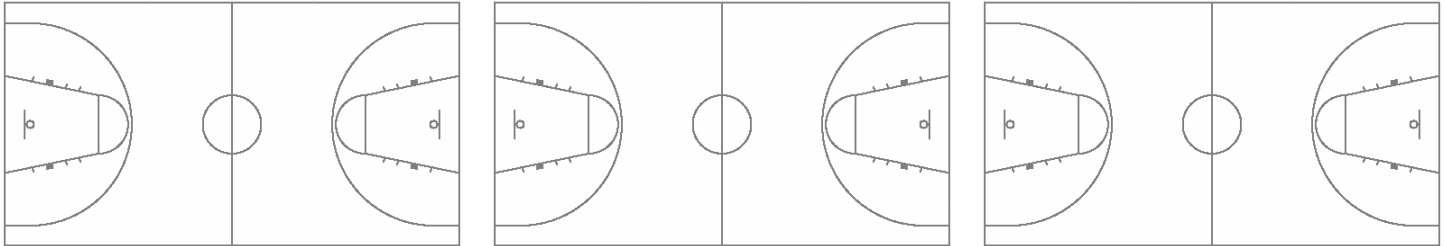


# Basketball Practice Plan

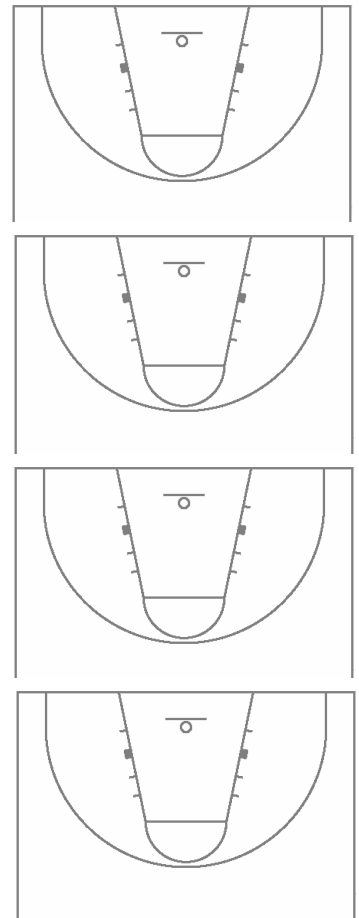
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

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## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

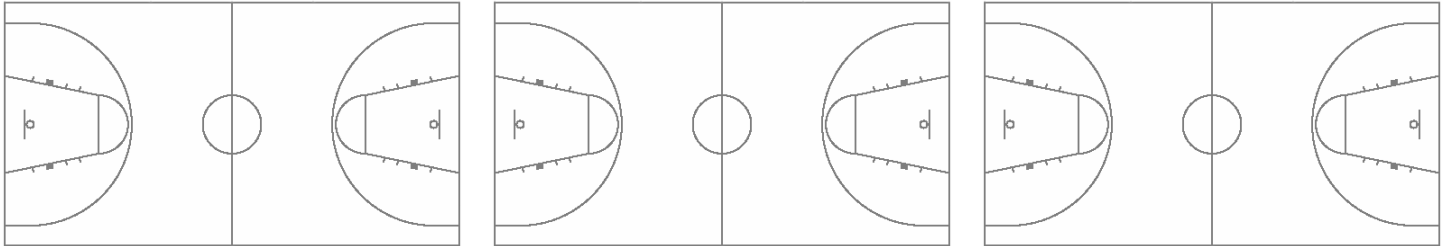
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# Basketball Practice Plan

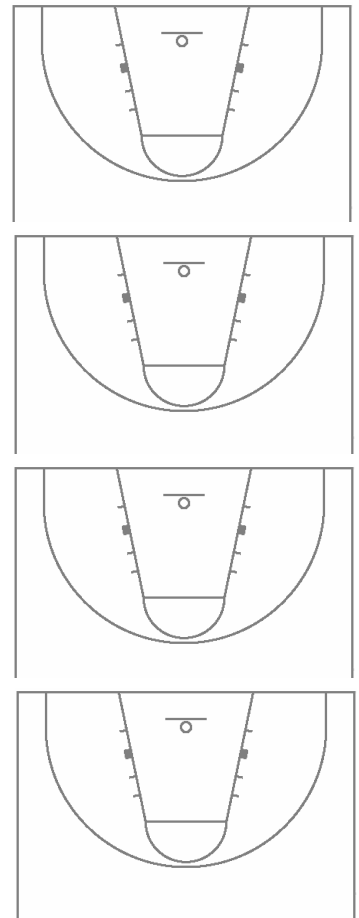
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

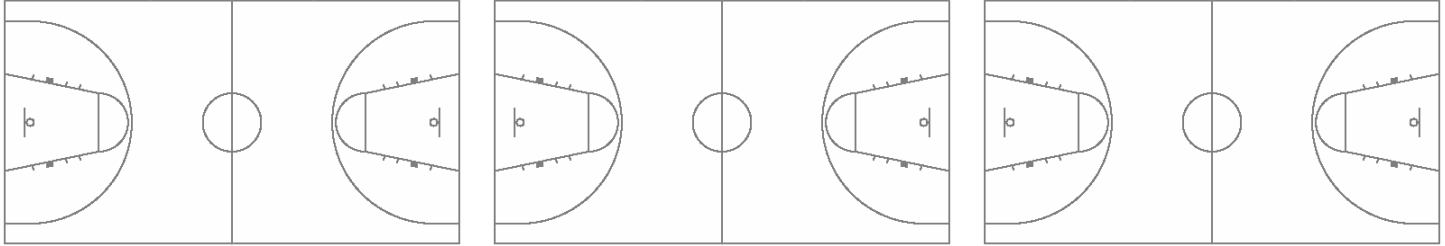
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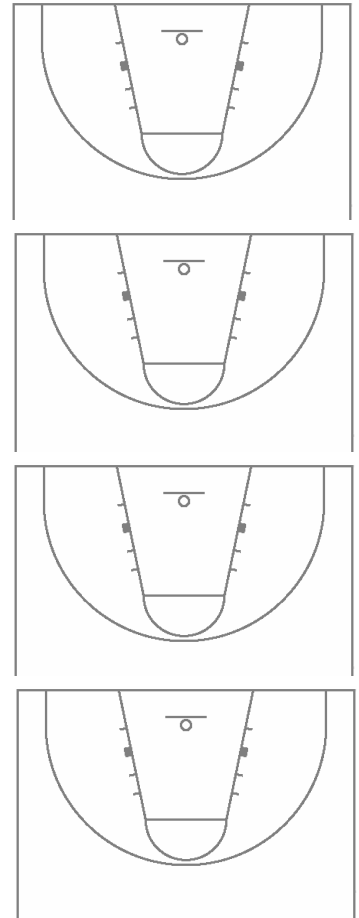
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
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- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

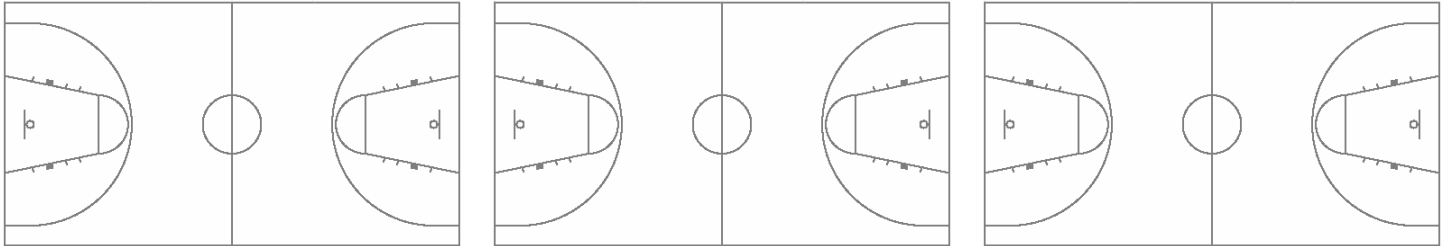
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# Basketball Practice Plan

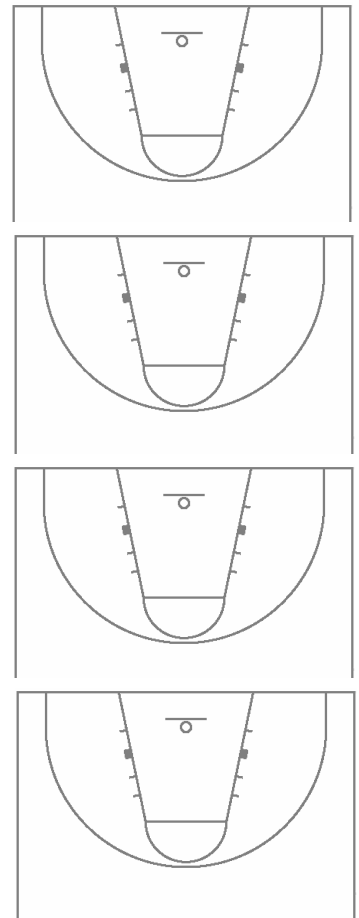
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
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- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
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4. \_\_\_\_\_
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11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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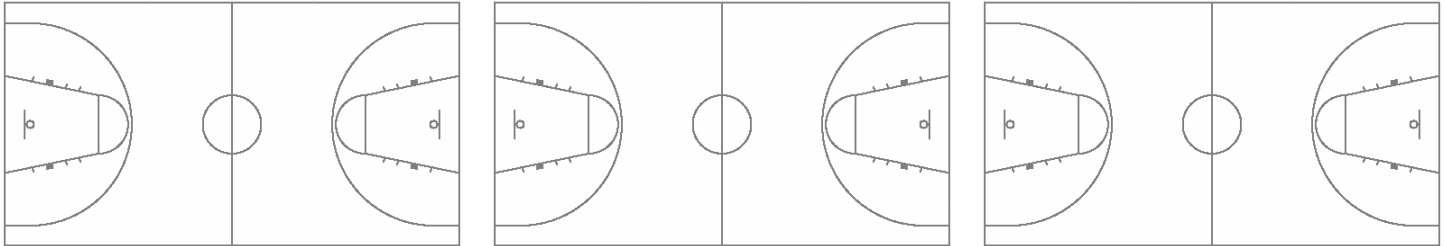


# Basketball Practice Plan

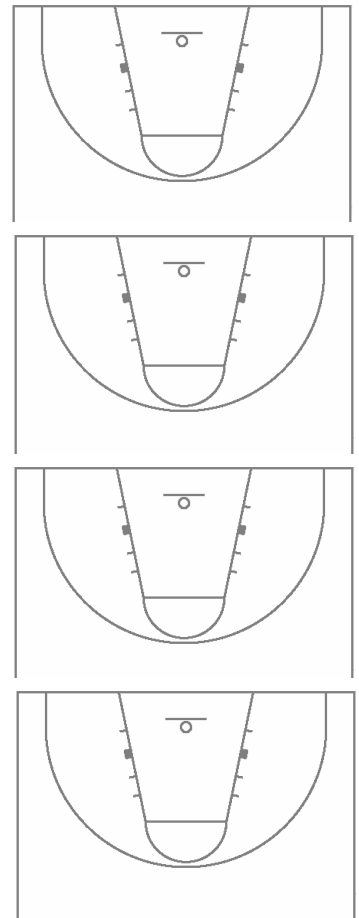
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
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- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

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## Team Roster

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### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

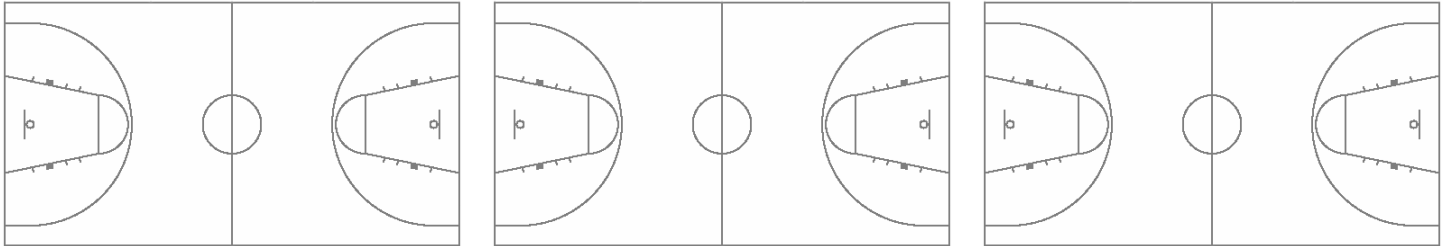
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# Basketball Practice Plan

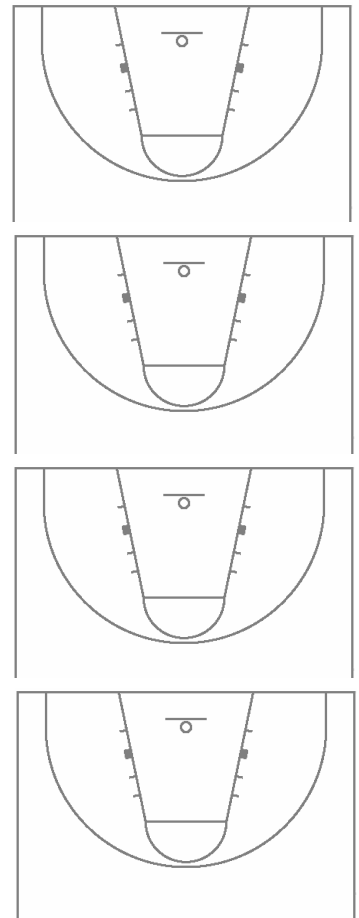
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

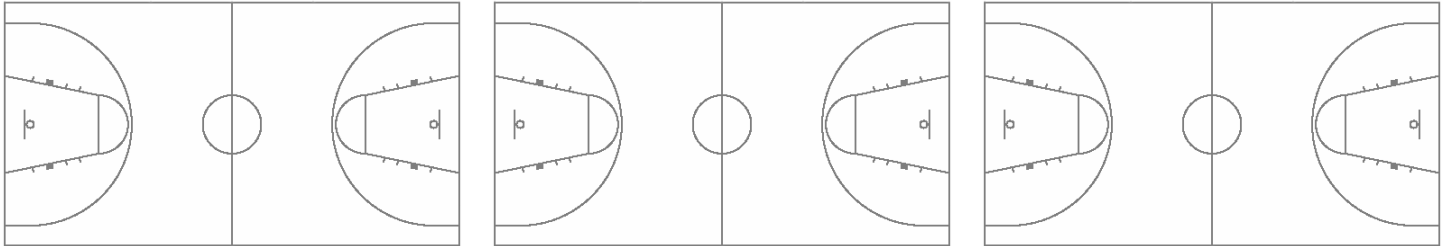
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# Basketball Practice Plan

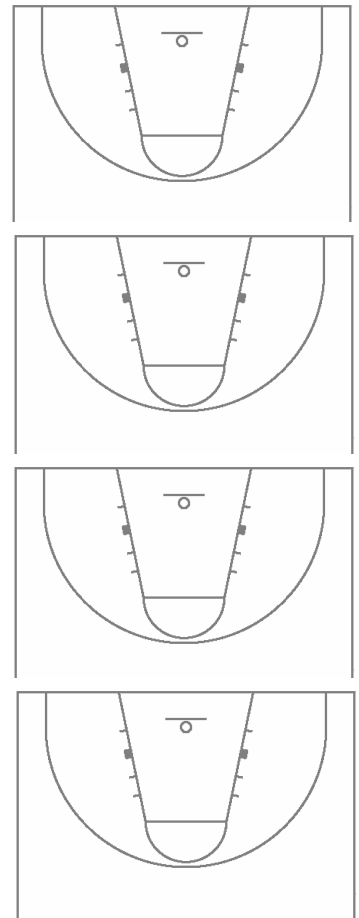
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

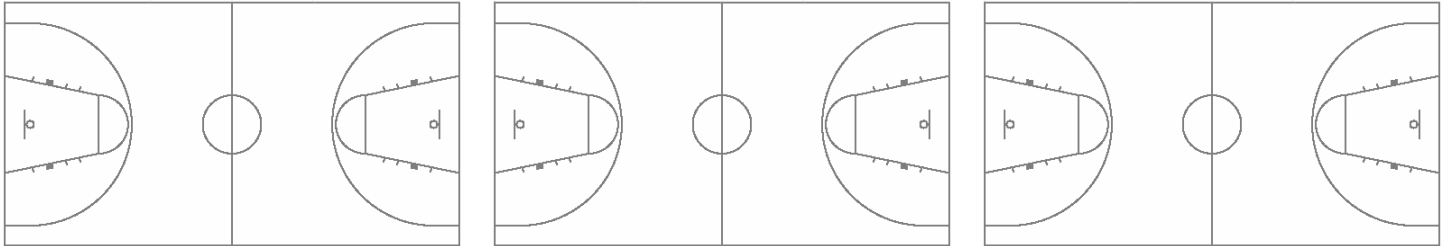
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# Basketball Practice Plan

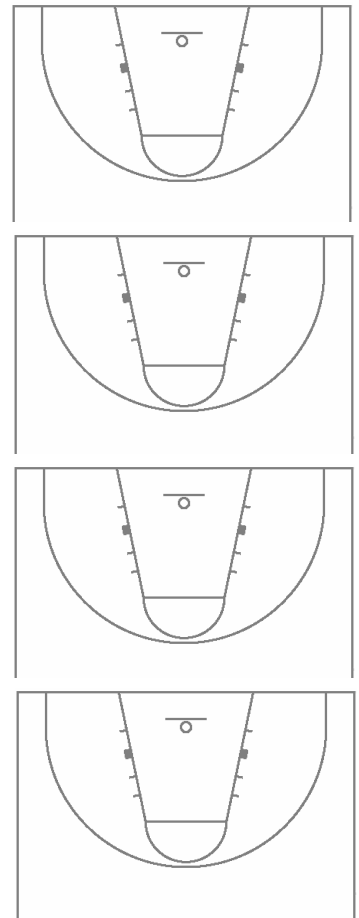
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

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## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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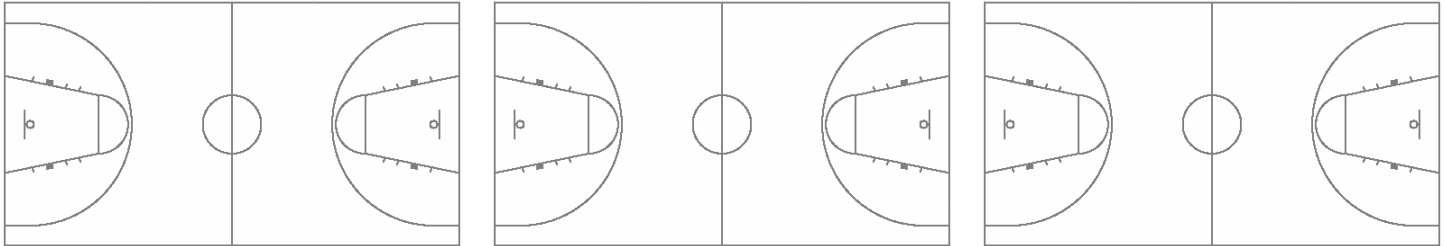


# Basketball Practice Plan

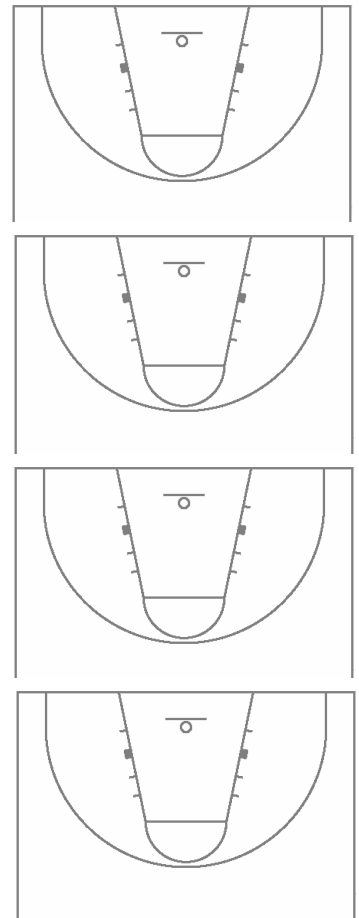
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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Number \_\_\_\_\_

Pre-Practice \_\_\_\_\_



- 5 min \_\_\_\_\_
- 10 min \_\_\_\_\_
- 15 min \_\_\_\_\_
- 20 min \_\_\_\_\_
- 25 min \_\_\_\_\_
- 30 min \_\_\_\_\_
- 35 min \_\_\_\_\_
- 40 min \_\_\_\_\_
- 45 min \_\_\_\_\_
- 50 min \_\_\_\_\_
- 55 min \_\_\_\_\_
- 60 min \_\_\_\_\_
- 65 min \_\_\_\_\_
- 70 min \_\_\_\_\_
- 75 min \_\_\_\_\_
- 80 min \_\_\_\_\_
- 85 min \_\_\_\_\_
- 90 min \_\_\_\_\_



Points of Emphasis \_\_\_\_\_

Announcements \_\_\_\_\_

Next Game – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_ Vs: \_\_\_\_\_

Next Practice – Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Absentees \_\_\_\_\_

Notes \_\_\_\_\_



Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Opponent: \_\_\_\_\_

# Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. The shifts are based on 10 – 5 minute shifts in a regulation WMBA game. Use a new sheet for each game.

## Team Roster

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.

### 6 Players (Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3  
 2<sup>nd</sup> Half 6 1 2 3 4 ♦ 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2

### 7 Players (1=7; 2=7; 3=7; 4=7; 5=8; 6=7; 7=7)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6  
 2<sup>nd</sup> Half 4 5 6 7 1 ♦ 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2

### 8 Players (1=6; 2=6; 3=6; 4=7; 5=7; 6=6; 7=6; 8=6)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1  
 2<sup>nd</sup> Half 8 1 2 3 4 ♦ 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8

### 9 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3  
 2<sup>nd</sup> Half 3 4 5 6 7 ♦ 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5

### 10 Players (all players receive 5 shifts each)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5  
 2<sup>nd</sup> Half 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

### 11 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=4; 8=4; 9=4; 10=4; 11=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3  
 2<sup>nd</sup> Half 4 5 6 7 8 ♦ 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6

### 12 Players (1=5; 2=5; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1  
 2<sup>nd</sup> Half 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2

### 13 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=3; 13=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12  
 2<sup>nd</sup> Half 13 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11

### 14 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=4; 7=4; 8=4; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11  
 2<sup>nd</sup> Half 12 13 14 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8

### 15 Players (1=4; 2=4; 3=4; 4=4; 5=4; 6=3; 7=3; 8=3; 9=3; 10=3; 11=3; 12=3; 13=3; 14=3; 15=3)

1<sup>st</sup> Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10  
 2<sup>nd</sup> Half 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5

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