Basketball Coach Book

_____

Team

_____

Season

Team Roster

Team Name _____ Team Nickname _____

Age / Grade Level _____ ☐Boys ☐Girls ☐Coed

Uni #	Player Name	Position	Height	Age / Grade

Head Coach _____

Assistant Coach _____
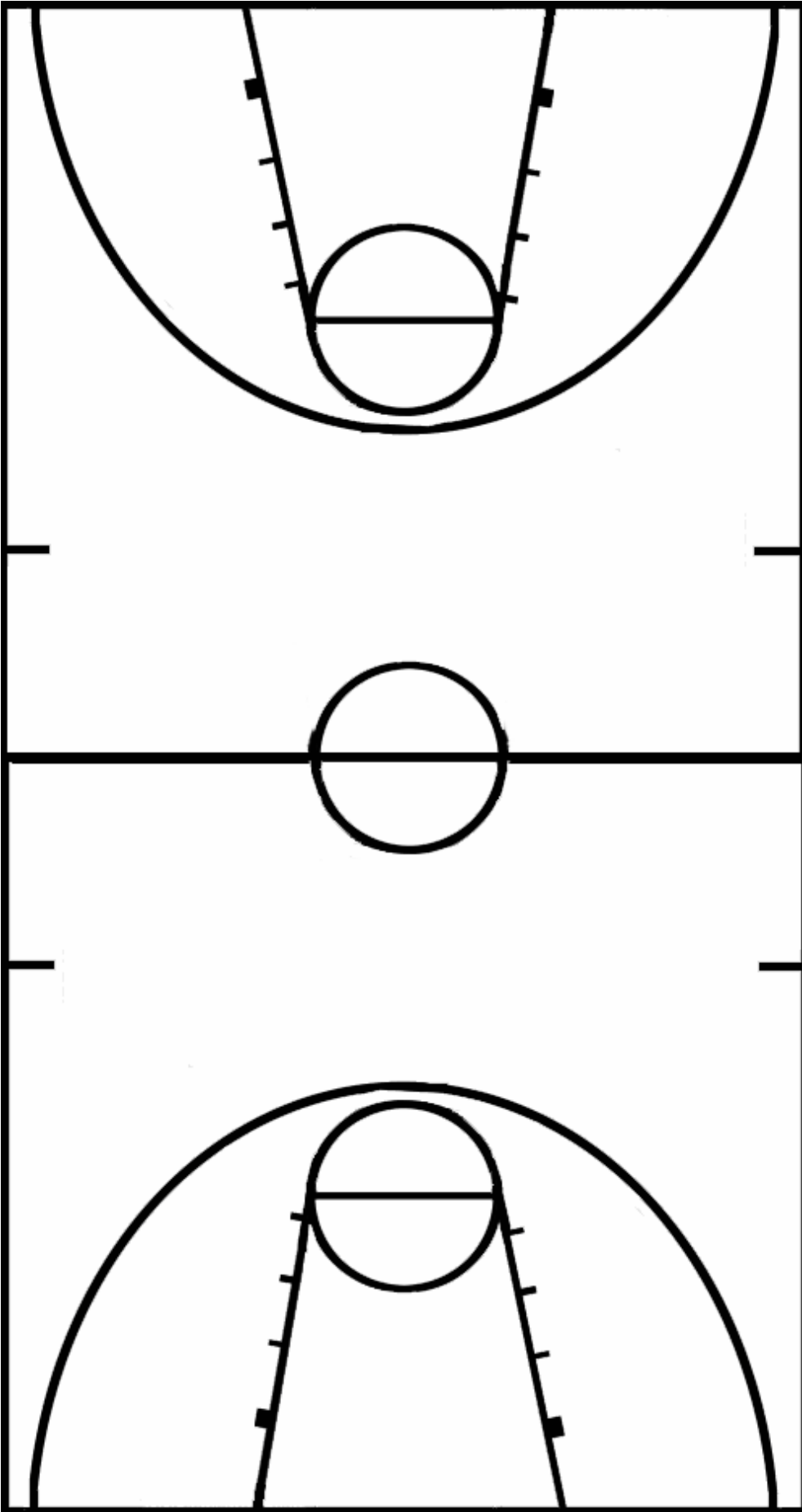
Manager(s) _____

Team Colors _____

Emergency Player Information

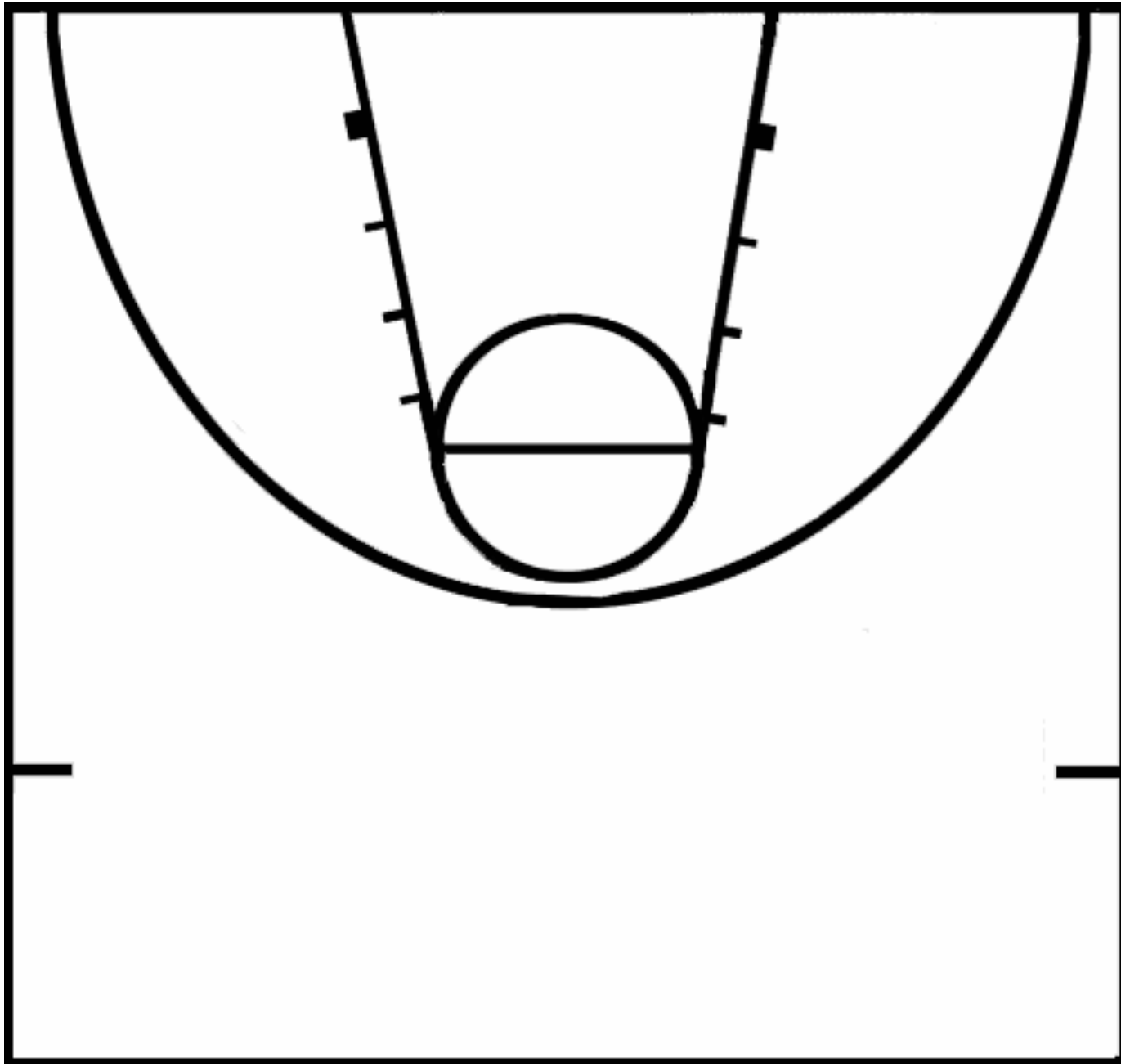*Fill this out at the first team practice and keep it with you at all games & practices*

#	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:

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

Practice Attendance

Use this form to record your player's attendance at team practices.

✓ = Present on time	× = Absent	L = Late, unexcused	E = Excused absent

Date / Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Game Attendance

Use this form to record your player's attendance at team exhibition, league and tournament games.

✓ = Present on time	× = Absent	L = Late, unexcused	E = Excused absent

Date / Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Notes:

_____
_____
_____
_____
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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

Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
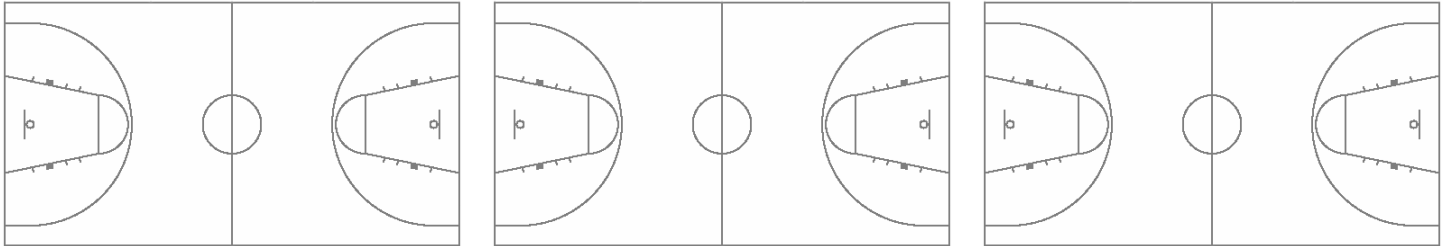2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA
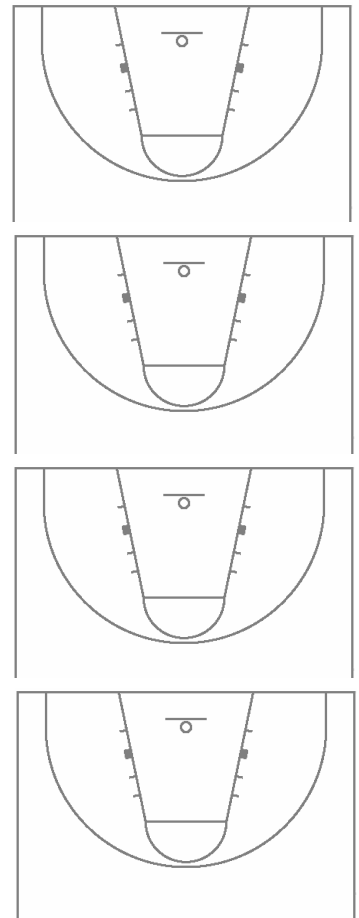
Basketball Practice Plan

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.BASKETBALLMANITOBA.CA

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

WINNIPEG MINOR BASKETBALL ASSOCIATION

WMBA

w w w . w m b a . c a

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
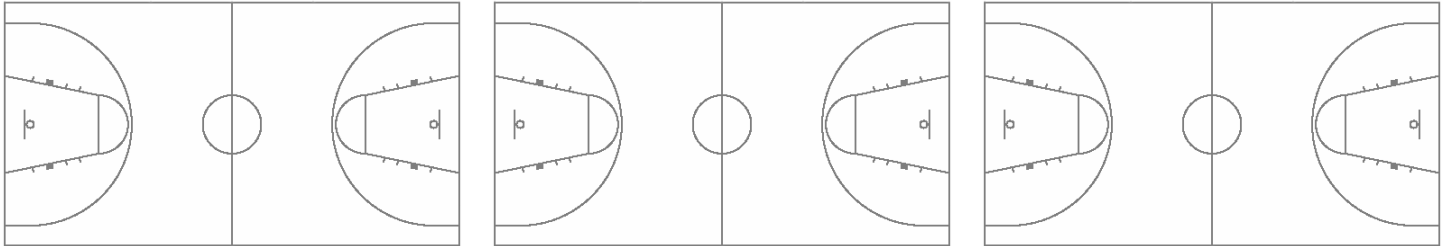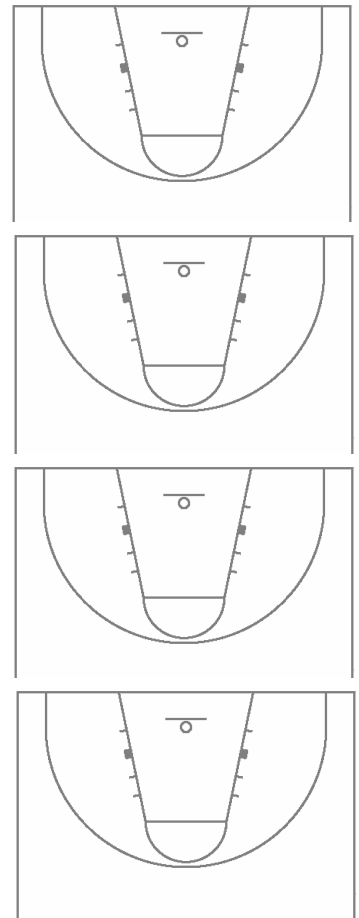2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

Playing Time Tracker

WINNIPEG MINOR BASKETBALL ASSOCIATION

WMBA

www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
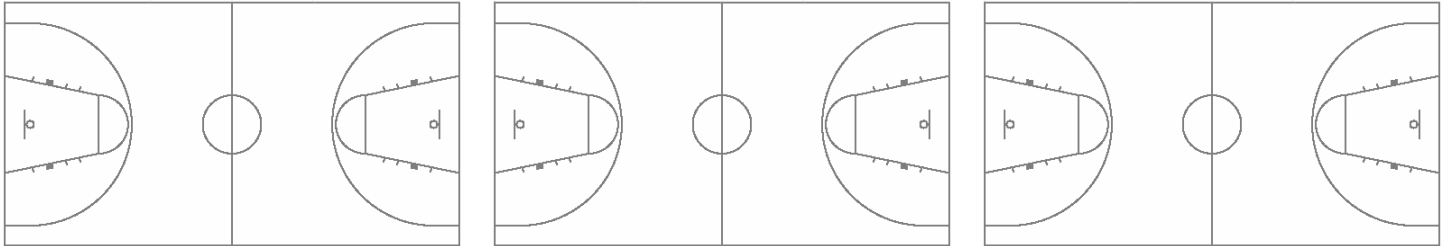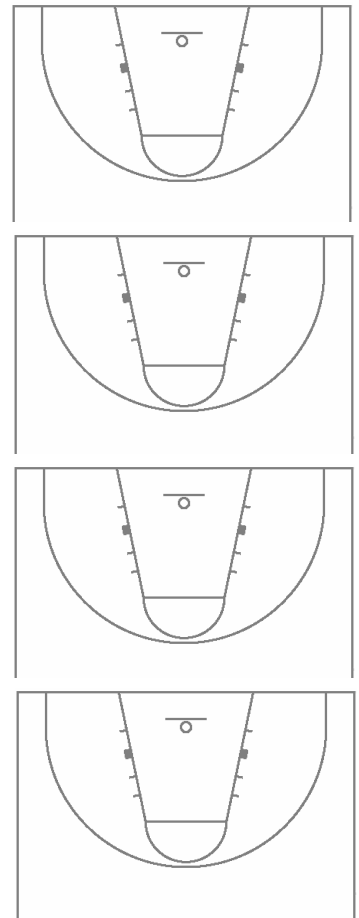
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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 _____

Playing Time Tracker

Date: _____ Time: _____

Location: _____ Opponent: _____

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. _____

6 Players *(Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
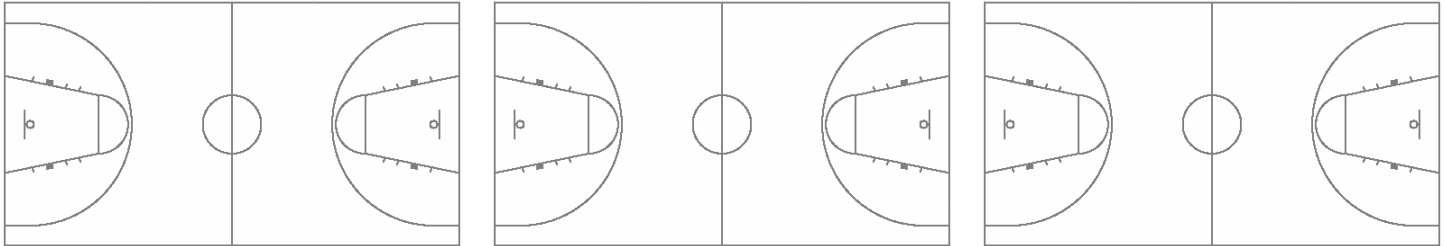
Notes
- *With rosters of 10 or more players, there is no need to double shift players*
- *Change up the order of your players each game to balance the overall time played.*

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

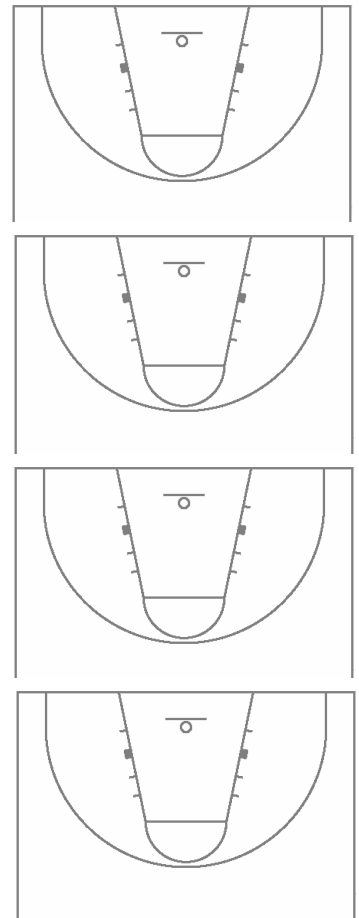*ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA*

Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
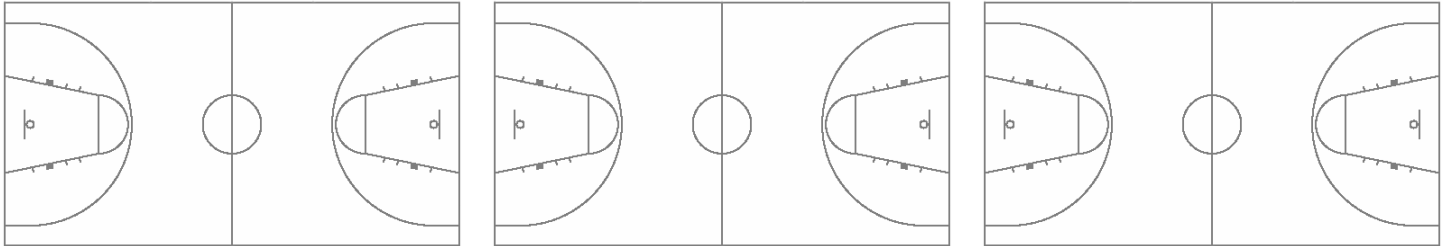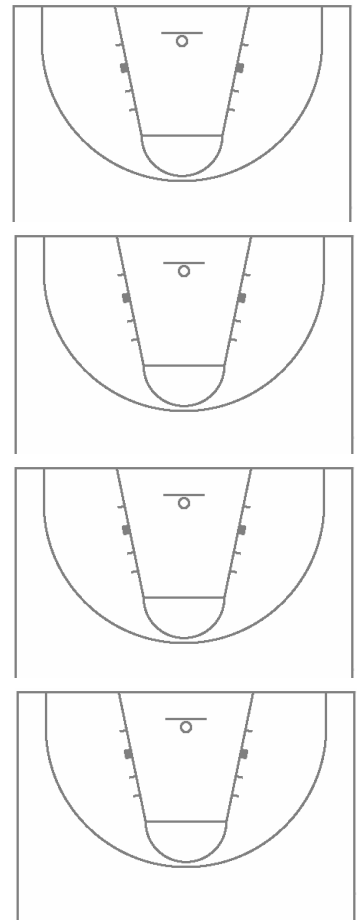2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

Playing Time Tracker

Date: _____ Time: _____

Location: _____ Opponent: _____

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
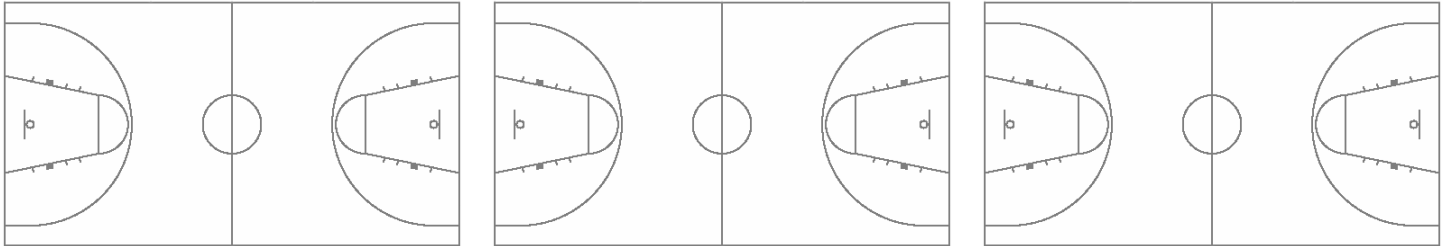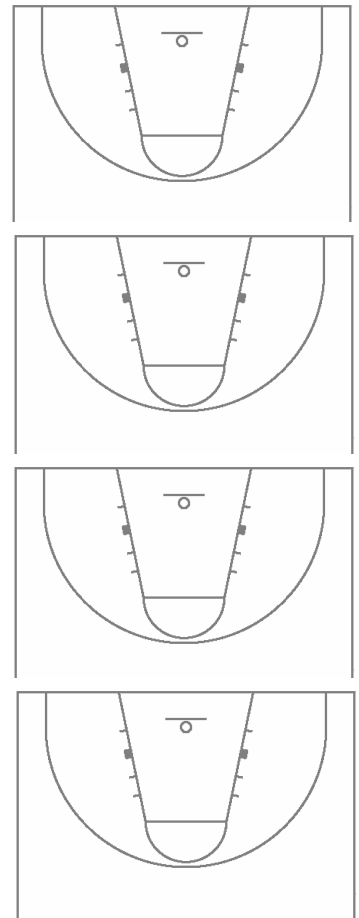
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Basketball Practice Plan

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 _____

WMBA

www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
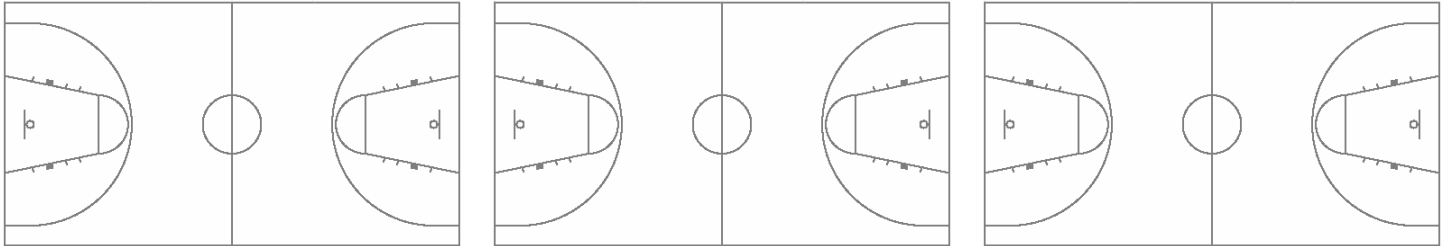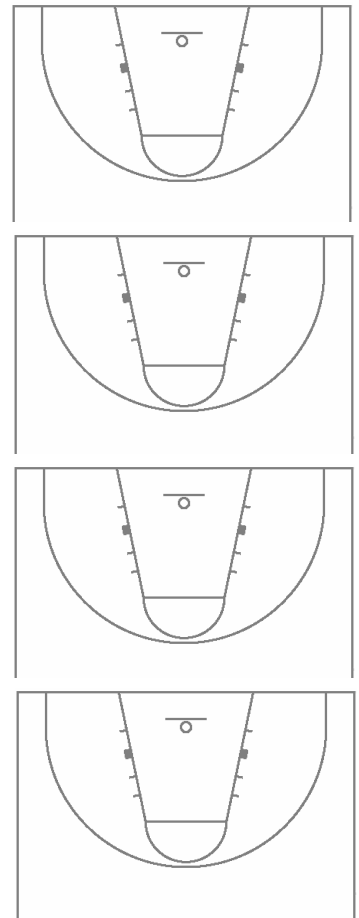2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

WINNIPEG MINOR BASKETBALL ASSOCIATION

WMBA

w w w . w m b a . c a

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. _____

6 Players *(Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
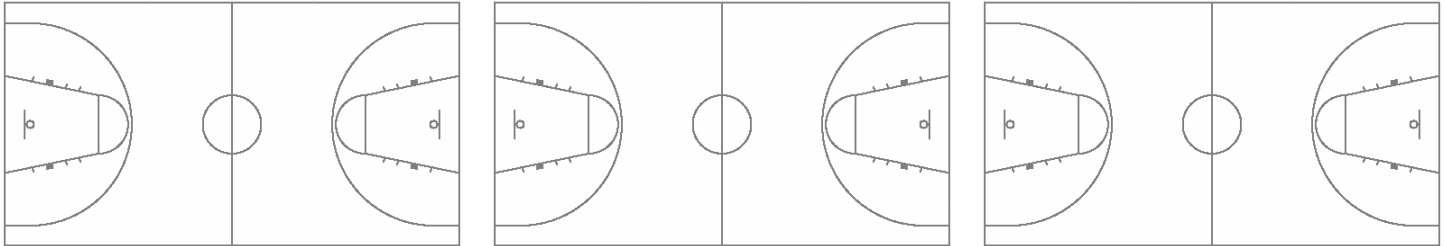
Notes
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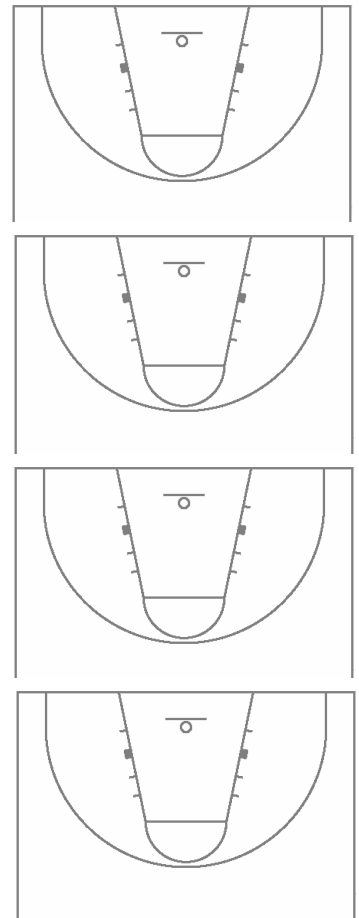**Email** info@wmba.ca **Web site** www.wmba.ca

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Basketball Practice Plan

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 _____

WMBA

WINNIPEG MINOR BASKETBALL ASSOCIATION

www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
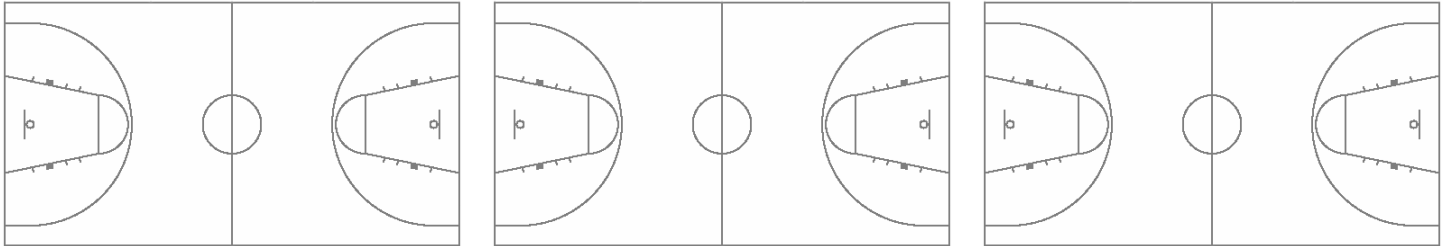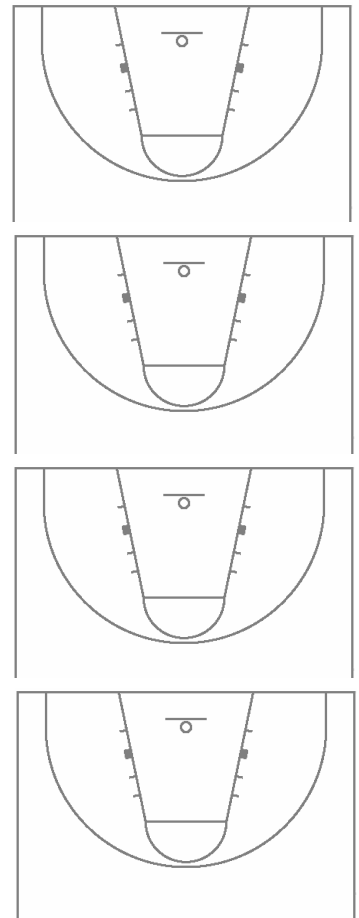2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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 _____

WINNIPEG MINOR BASKETBALL ASSOCIATION

WMBA

www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
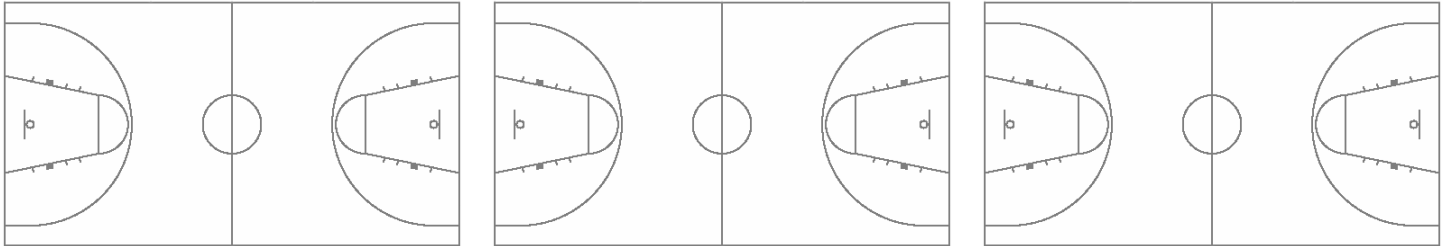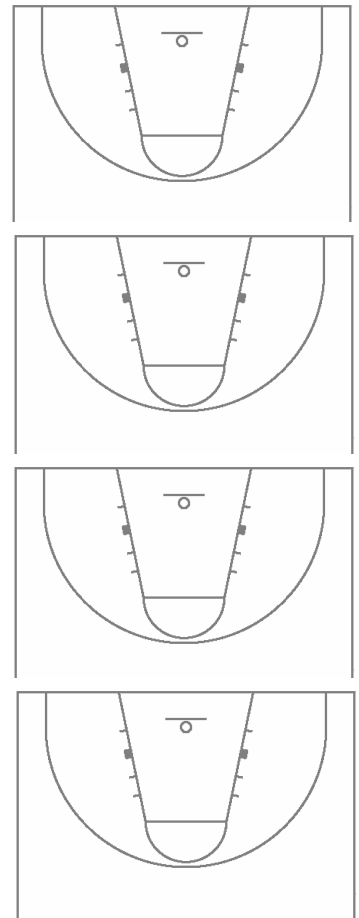2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
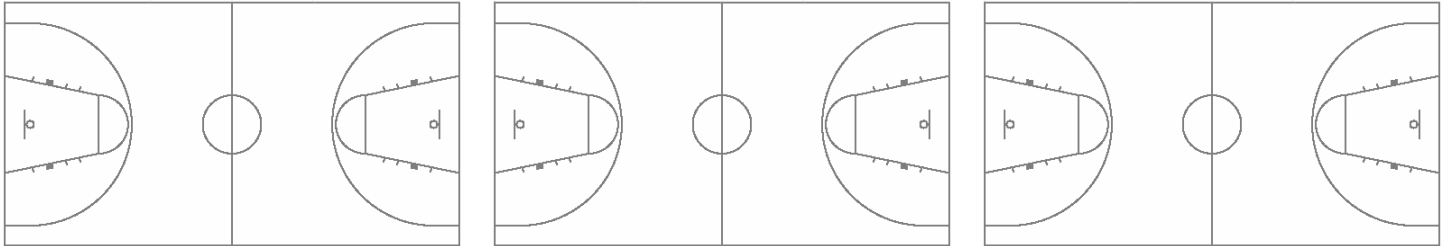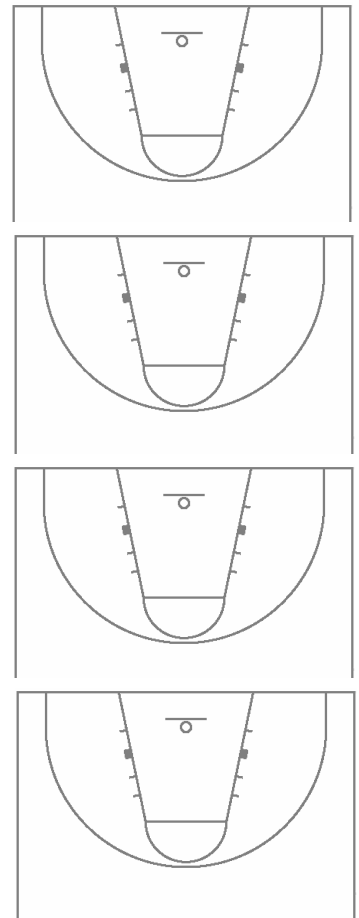
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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 _____

WMBA
www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
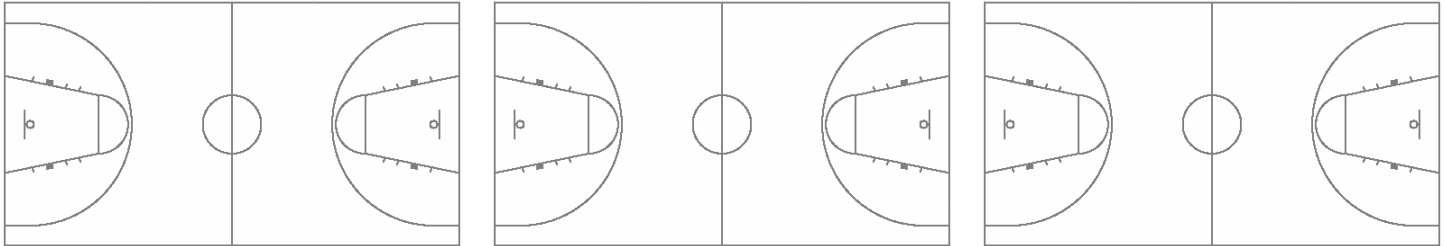2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5
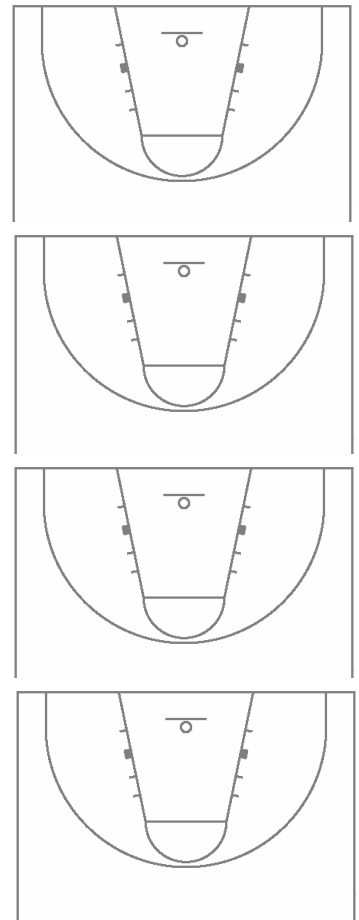
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
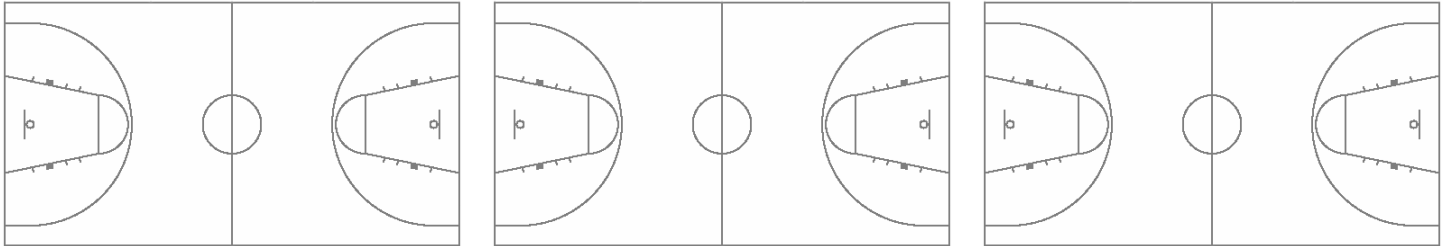2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5
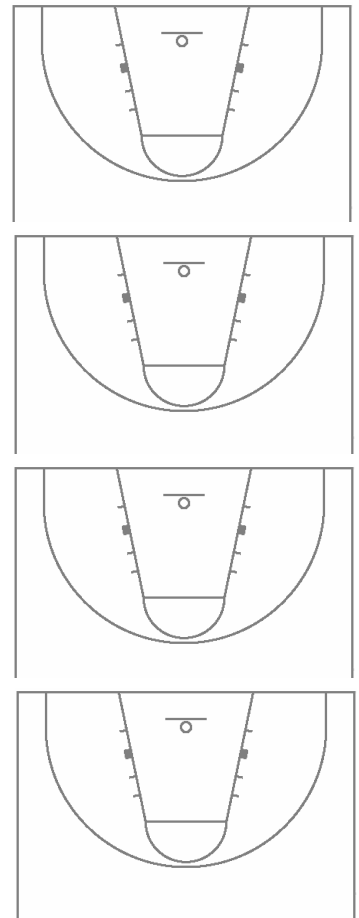
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
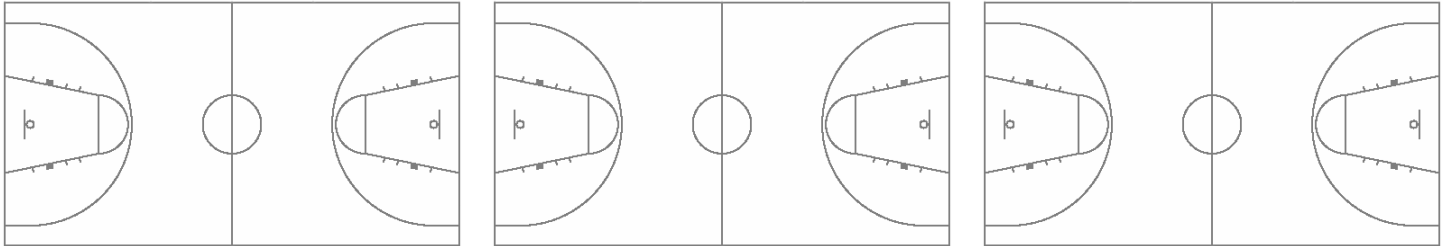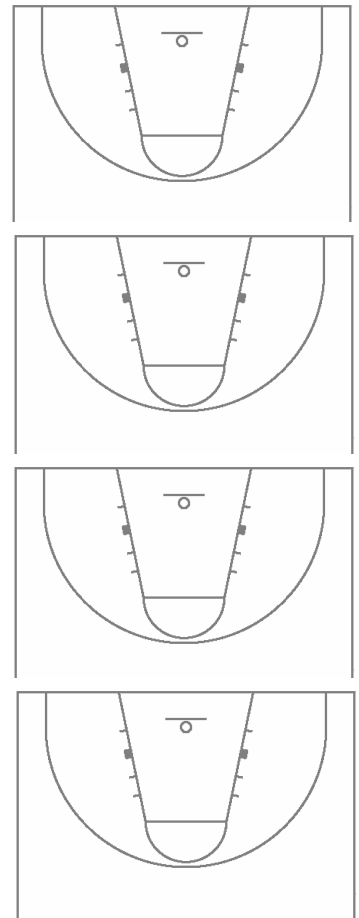2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

Playing Time Tracker

WMBA
www.wmba.ca
WINNIPEG MINOR BASKETBALL ASSOCIATION

Date: _____ Time: _____

Location: _____ Opponent: _____

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
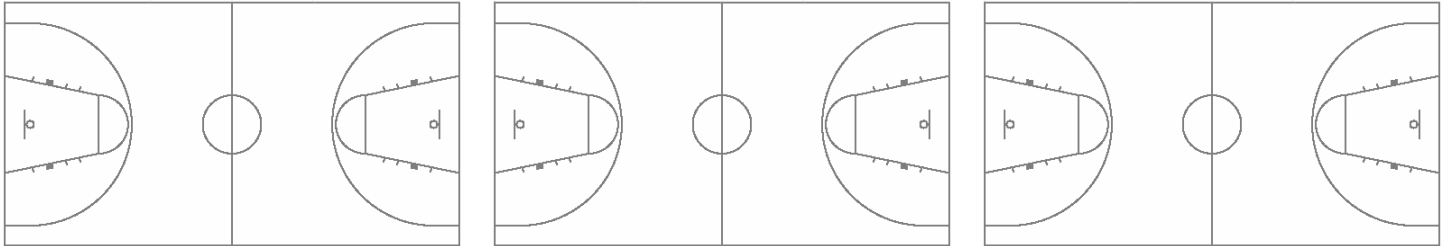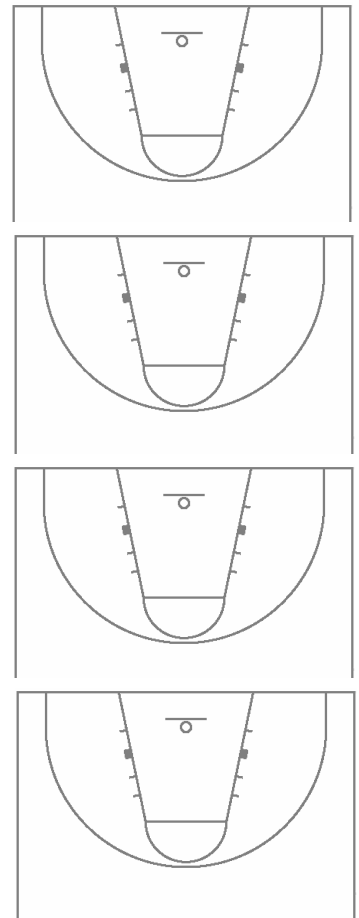2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

WMBA
www.wmba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
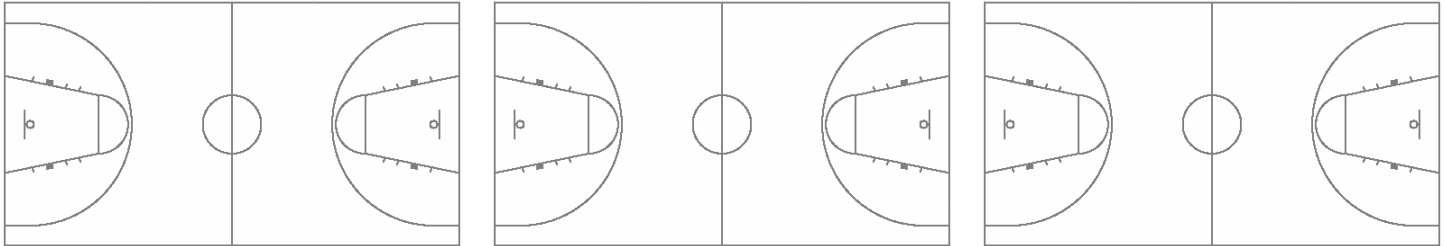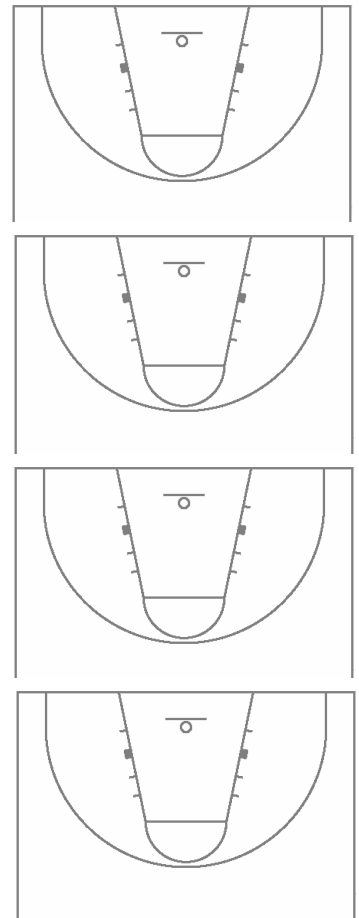
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA

Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
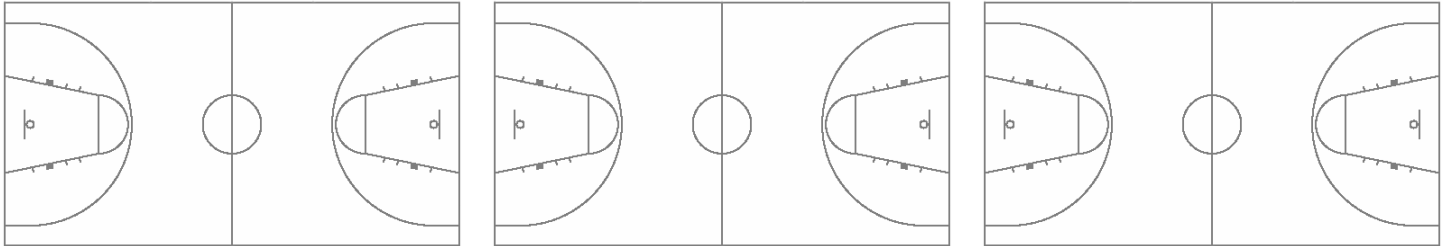2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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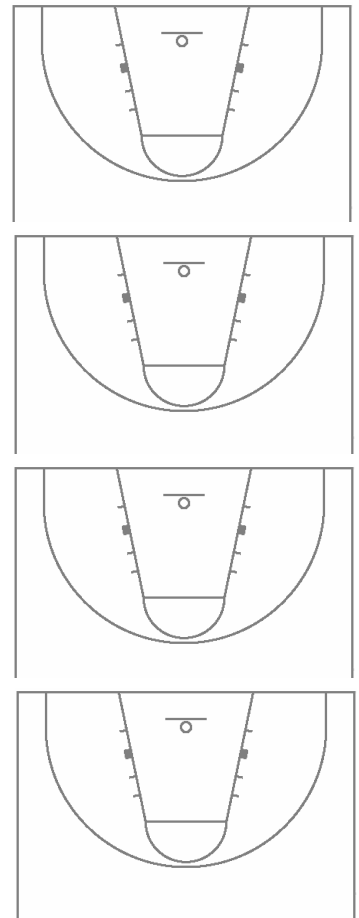
Basketball Practice Plan

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.BASKETBALLMANITOBA.CA

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

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. _____

6 Players *(Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
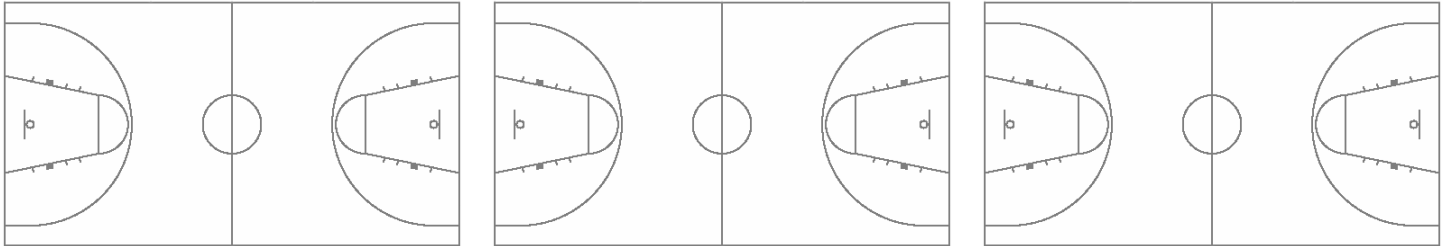
Notes
- *With rosters of 10 or more players, there is no need to double shift players*
- *Change up the order of your players each game to balance the overall time played.*

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

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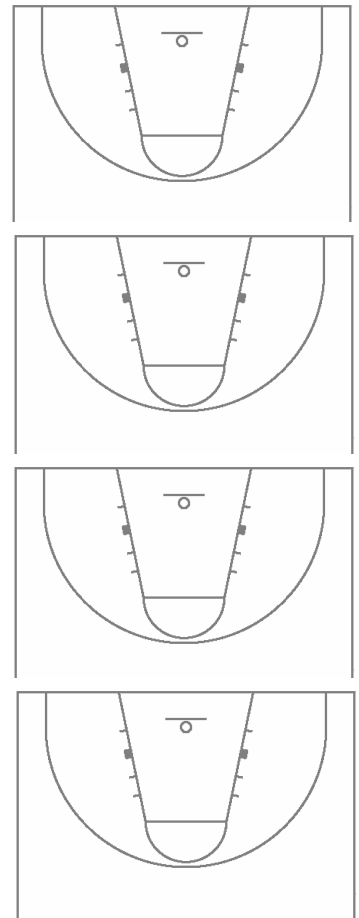
Basketball Practice Plan

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.BASKETBALLMANITOBA.CA

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

WMBA

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. _____

6 Players *(Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
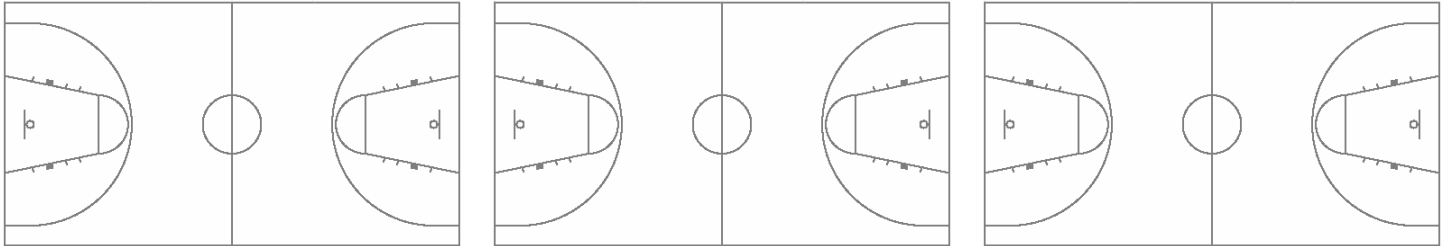
Notes
- *With rosters of 10 or more players, there is no need to double shift players*
- *Change up the order of your players each game to balance the overall time played.*

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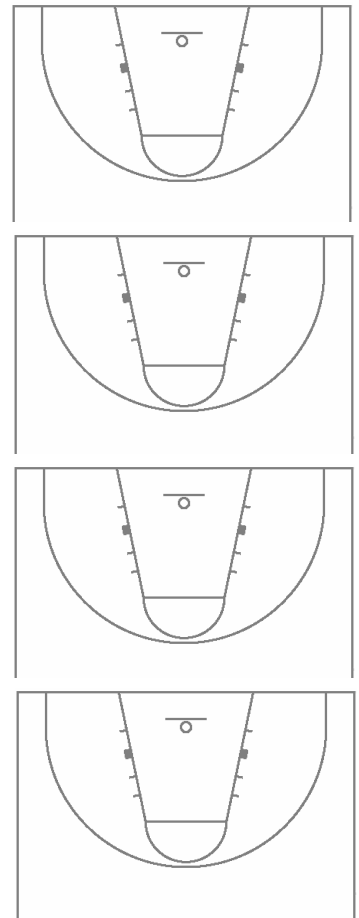
Basketball Practice Plan

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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 _____

Playing Time Tracker

Date: _____ Time: _____

Location: _____ Opponent: _____

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
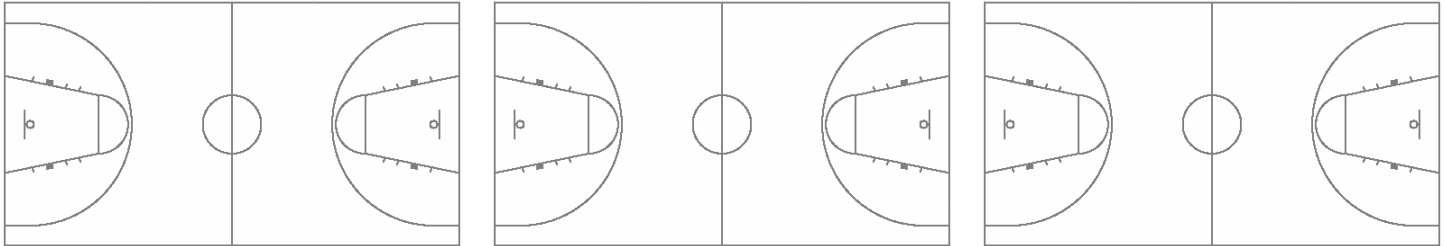
ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.WMBA.CA
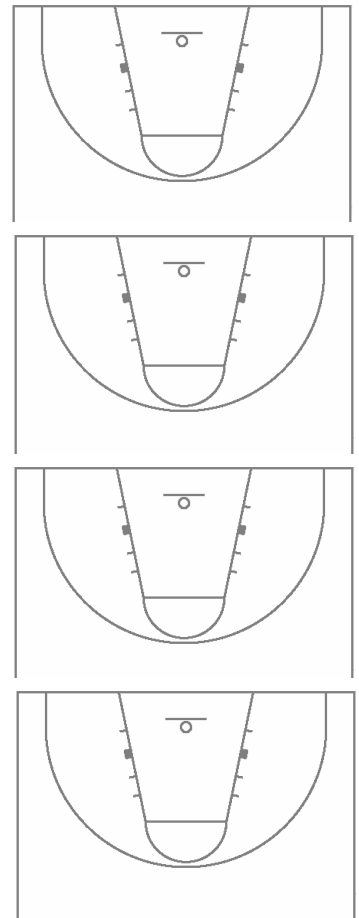
Basketball Practice Plan

ADDITIONAL COPIES OF THIS FORM CAN BE DOWNLOADED AT WWW.BASKETBALLMANITOBA.CA

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 _____

Basketball Manitoba 200 Main Street Winnipeg MB R3C 4M2 (204) 925-5775 www.basketballmanitoba.ca

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
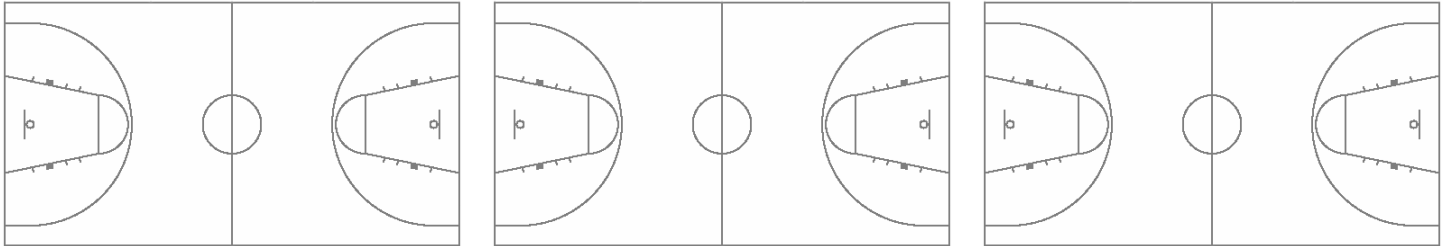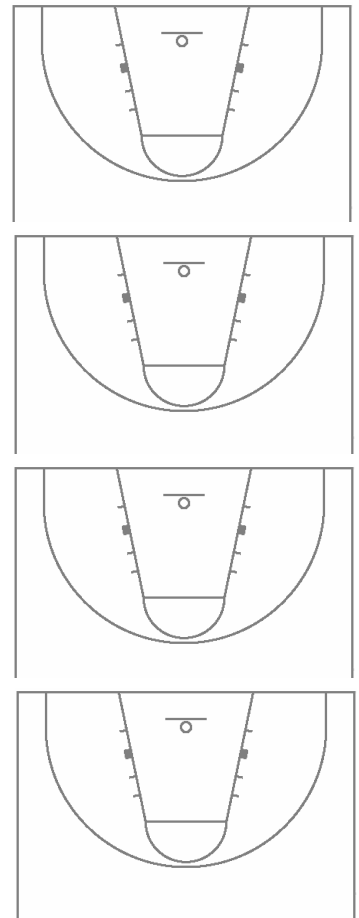
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Basketball Practice Plan

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 _____

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. _____

6 Players *(Shifts received 1=8; 2=8; 3=8; 4=9; 5=9; 6=8)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
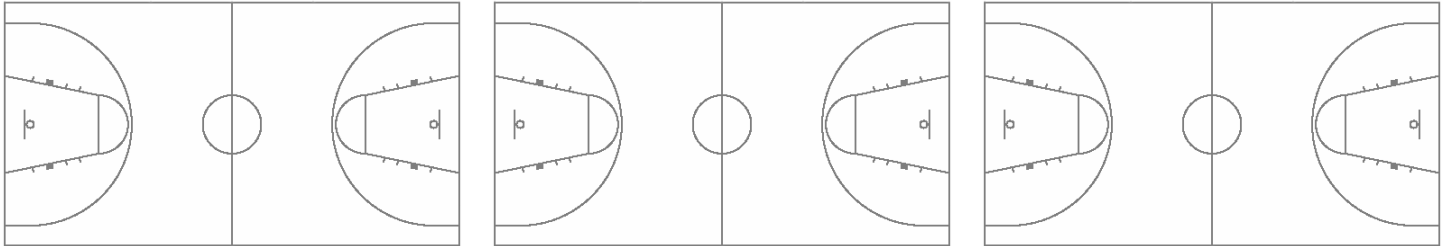
Notes
- *With rosters of 10 or more players, there is no need to double shift players*
- *Change up the order of your players each game to balance the overall time played.*
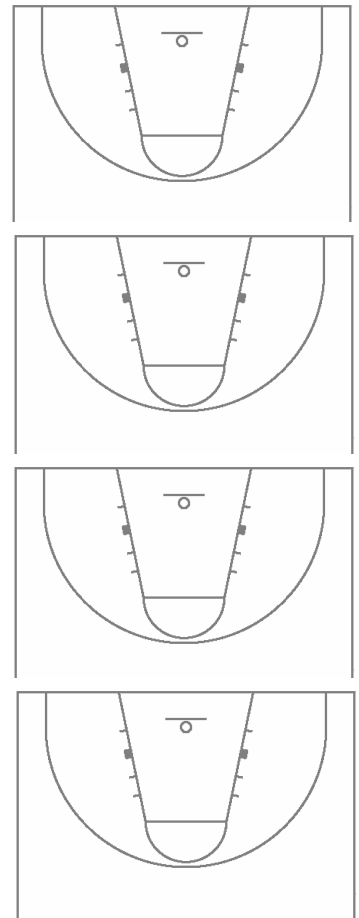
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Basketball Practice Plan

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 _____

Playing Time Tracker

Date: _____ Time: _____

Location: _____ Opponent: _____

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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
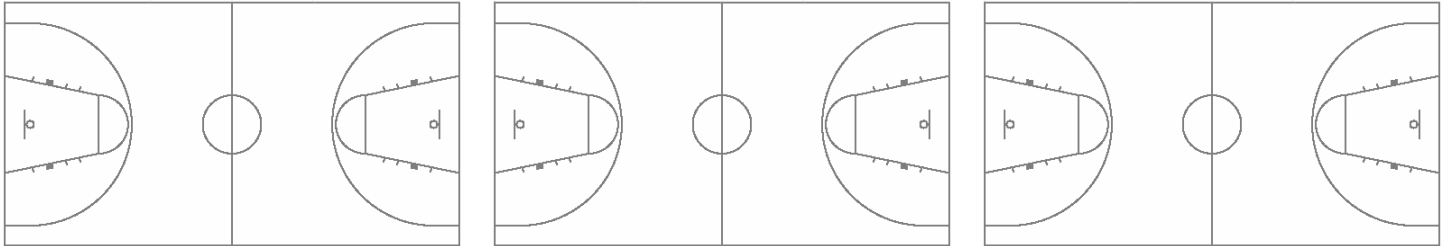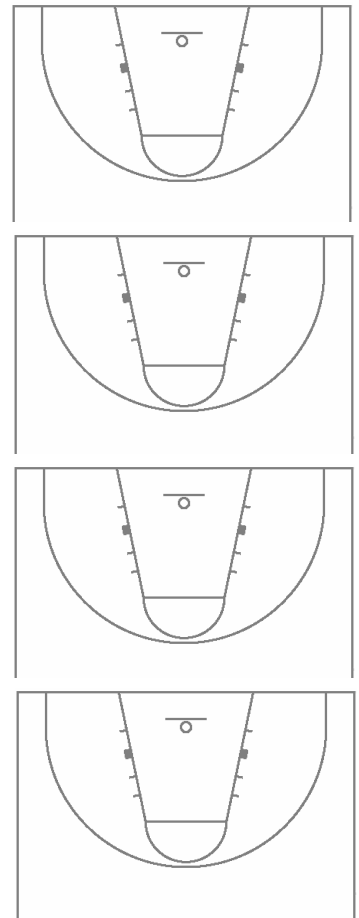
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Basketball Practice Plan

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
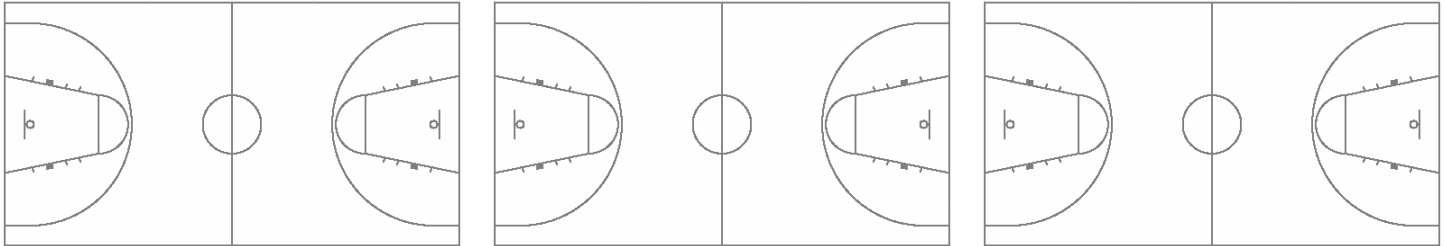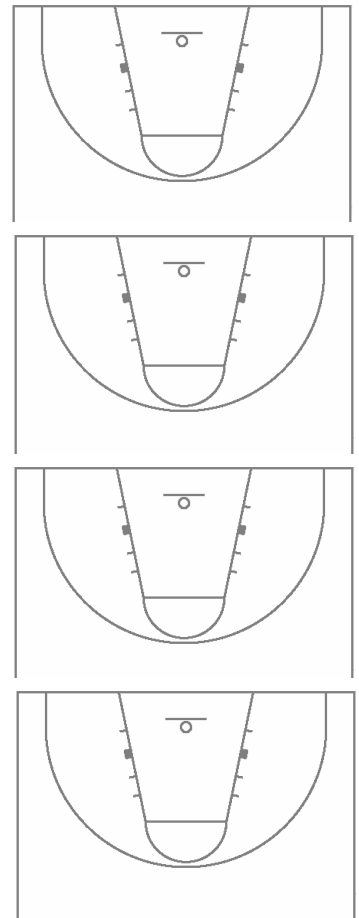2nd Half 11 12 13 14 15 ◆ 1 2 3 4 5 ◆ 6 7 8 9 10 ◆ 11 12 13 14 15 ◆ 1 2 3 4 5

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Basketball Practice Plan

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 _____

WINNIPEG MINOR BASKETBALL ASSOCIATION

WMBA

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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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)*
1st 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
2nd 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 Courts

Basketball Courts