

2017 CBA Winter Training Camp - Gaithersburg, MD

Day	Time	Training Description	Remarks	
Tuesday	1st Half	9 - 11	Skills Training	
		11 - 11.15	Short Break (Snack)	
		11.15 - 12.30	Team Building Game	
		12.30 - 1	Lunch Break	
	2nd Half	1 - 3	Skills Training	
		3 - 3.15	Short Break (Snack)	
		3.15 - 4	Watching video	Badminton Game
		4 - 5	Agility Training	
Wednesday	1st Half	9 - 11	Skills Training	
		11 - 11.15	Short Break (Snack)	
		11.15 - 12.30	Plyometric Training	
		12.30 - 1	Lunch Break	
	2nd Half	1 - 3	Skills Training	
		3 - 3.15	Short Break (Snack)	
		3.15 - 4	Team Building Game	
		4 - 5	Physical Training	Sprinting
Thursday	1st Half	9 - 11	Skills Training	
		11 - 11.15	Short Break (Snack)	
		11.15 - 12.30	Game Play	
		12.30 - 1	Lunch Break	
	2nd Half	1 - 3	Skills Training	
		3 - 3.15	Short Break (Snack)	
		3.15 - 4	Watching video	Motivational
		4 - 5	Game Play	
Friday	1st Half	9 - 11	Skills Training	
		11 - 11.15	Short Break (Snack)	
		11.15 - 12.30	Plyometric Training	
		12.30 - 1	Lunch Break	
	2nd Half	1 - 3	Skills Training	
		3 - 3.15	Short Break (Snack)	
		3.15 - 4	Watching video	Badminton Game
		4 - 5	Agility Training	