

ENJOY

#1

- **MESSAGE:** Be you from the beginning, so they will respect you in the end
- **EMPLOYABILITY SKILLS:** Self management - Self Motivation - Leadership - Positive attitude

1

SHOW UP

5 minutes

1. Introductions
2. Welcomes
3. Registrations

2

MESSAGE

10 minutes

"Be you from the beginning, so they will respect you in the end."

Ask

- What do you think this statement means?

3

WARM UP

30 minutes

- Laps around the gym/Sprints
- Dynamic Stretching sidelines or baseline: Knee to chest, High knees, Heel to butt (stretch) Butt Kicks, Lunges w/twist, Frankenstein Kicks, Heel to Hip, Alternating Fingertips to the ground and balance on one leg, Skips
- **CONDITIONING:** Abs & Footwork

4

BEGINNER

60 minutes

- Passing Drills 1-2 mins w/partner: Chest pass, Bounce pass, Over the head pass, Wrap around pass,
- Dribbling Drills 1-2 mins (individual): R/L hand dribble, Crossover, R/L Front and Back, Spin
- Shooting: Catch and Shoot, Pick & Roll
- Defensive: One on one stop, Fast break transition, Zig Zag drill

5

ADVANCED

60 minutes

- Passing Drills 1-2 mins w/partner: Chest pass, Bounce pass, Over the head pass, Wrap around pass,
- Dribbling Drills 1-2 mins (individual): R/L hand dribble, Crossover, R/L Front and Back, Spin
- Shooting: Explode- Pivot-Pass, Pivot Shooting (baseline, catch ball at the freethrow line, turn and shoot
- Defensive: Shell drill, Fast break transition, Zig Zag drill

6

CLOSER

5 minutes

- Free Play

7

HUDDLE

5 minutes

- RECAP THIS WEEK'S MESSAGE
- ANNOUNCE MVP
- Any recognitions or rewards (inc. peer to peer)
- Remind about employment opportunities
- Next weeks' message
- Tidy Up. Safety Check. Off court.

EQUIPMENT NEEDED TODAY

Basketball and Cones