

BELIEVE

#1

MESSAGE: Contribute to a Team - Believe in Yourself - Unique Skills

EMPLOYABILITY SKILLS: Making decisions - Initiative - Responsibility - Self Management

1

JUMP OFF

5 minutes

- 1. Introductions**
- 2. Welcomes**
- 3. Registrations**

2

MESSAGE

10 minutes

Message

- Today's topic is – 'Believe in yourself – We're going to try out some fun new basketball skills, learn about teamwork, and find out how we each have unique skills that we can contribute to a team.

Ask

What kind of skills can you bring to a team?

- Basketball
- Work/Family/School

3

WARM UP

10 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

BEGINNERS

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, Jump Stop- Pivot
- Shooting 1-2 mins: Curl R&L layups Fade out shot R&L, Free throws Spot shooting (Two Balls)Two lines.
- Defensive Drill: Box out drill

5

ADVANCED

60 minutes

- Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well)
- Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8 Shooting Layups R&L: Progress to R&L Sneak FULL COURT, Hand-off Shooting Drill
- Defensive Drill: Box out drill

6

CLOSER

10 minutes

- Game ok Knockout
- 3 on 2 on 1
- Full court

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

Basketballs and Cones

BELIEVE

#2

MESSAGE: Visualise a positive future - What you focus on grows - Know your Strengths
EMPLOYABILITY SKILLS: Making decisions - Initiative - Responsibility - Self Management

1 JUMP OFF 5 minutes

1. Introductions
2. Welcomes
3. Registrations

2 MESSAGE 10 minutes

Message

- "What you focus on grows" Talk about some ways to help keep yourself focused on strengths and work on weakness so they can become strengths.

Ask

- Can you think of things you can work on?
- Can you identify someone/team mate who can help in this area to build the strength

3 WARM UP 10 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 BEGINNERS 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, Jump Stop- Pivot
- Shooting 1-2 mins: Curl R&L layups Fade out shot R&L, Free throws Spot shooting (Two Balls) Two lines.
- Defensive Drill: Box out drill

5 ADVANCED 60 minutes

- Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well)
- Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8 Shooting Layups R&L: Progress to R&L Sneak FULL COURT, Hand-off Shooting Drill
- Defensive Drill: Box out drill

6 CLOSER 10 minutes

- Dribble Tag, Fast Break Transition, Full court

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

Basketballs and Cones

- **MESSAGE:** Responsibility minus accountability - New things that challenge you
- **EMPLOYABILITY SKILLS:** Learning - Adaptability - Understanding new things

1	JUMP OFF	5 minutes
1. Introductions 2. Welcomes 3. Registrations		

2	MESSAGE	10 minutes
Message <ul style="list-style-type: none"> • "Responsibility minus accountability equals no ability at all." Everyone makes mistakes, but not everyone can learn from them. Here at CB, we encourage trying new things that may challenge you: dribble with your non-dominant hand and make a layup with your non-dominant hand. Mistakes are how you learn. • This week, we will work on learning, adaptability, and understanding new things. Ask <ul style="list-style-type: none"> • Can you name anything on or off the court that you have messed up on, if so, what did you learn? 		

3	WARM UP	30 minutes
<ul style="list-style-type: none"> • 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	BEGINNERS	60 minutes
<ul style="list-style-type: none"> • 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, Jump Stop-Pivot • Shooting: Full court layups/ Jump shots (10 in row or time), Full court jump shots, Fade out shot R&L, Free throws, spot shooting drill • Defensive Drill: Close out drill 		

5	ADVANCED	60 minutes
<ul style="list-style-type: none"> • Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well) • Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8 Shooting: Full court 3 man weave (10 in a row or time), Full court Jump shot, Hand off shooting drill • Defensive Drill: Close out drill 		

6	CLOSER	10 minutes
<ul style="list-style-type: none"> • Sharks and Minnows or 23 Cones Shooting Drill 		

7	HUDDLE	5 minutes
<ul style="list-style-type: none"> • 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

- **MESSAGE:** Self-awareness - Actions/Emotions on the court - Focus on yourself
- **EMPLOYABILITY SKILLS:** Learning - Adaptability - Understanding new things

1 SHOW UP 5 minutes

1. Introductions
2. Welcomes
3. Registrations

2 MESSAGE 10 minutes

Message

Self-awareness- the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. Today, we will practice how your actions/emotions on the court in certain situations can affect your teammates and yourself. Do you take the shot or is there a better shot? Could I have covered the offensive player for my teammate. Do I cheer on my teammates even if I'm on the bench?

Ask

- What are some things you could do better?

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 BEGINNERS 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: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

5 ADVANCED 60 minutes

- Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well)
- Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8
- Shooting: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

6 CLOSER 10 minutes

- Buzzer Beater
- Continuous 3 on 2

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

- **MESSAGE:** Team is about working together - Success increases when others are involved - Find people you can support and assist and people who can do the same for you
- **EMPLOYABILITY SKILLS:** Communication - Teamwork - Negotiation - Collaboration

1	SHOW UP	5 minutes
1. Introductions 2. Welcomes 3. Registrations		

2	MESSAGE	10 minutes
<p>THIS IS OUR CULTURE A team is about working together. It is important to find people who can support and assist growth in any area of your life.</p> <p>Today, we are going to work on teamwork/collaboration. We will complete team scenarios that will make you play to your strengths, quickly own any mistakes and correct them, apply your self-awareness, and demonstrate the importance of understanding and assisting others.</p> <p>Ask: Can you name a time when you had to work together as a team, with family or friends to get something done? How did you do that?</p>		

3	WARM UP	30 minutes
<ul style="list-style-type: none"> • 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	BEGINNERS	60 minutes
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well) • Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8 • Shooting: Catch and Shoot, Pick & Roll • Defensive: One on one stop, Fast break transition, Zig Zag drill 		

6	CLOSER	10 minutes
<ul style="list-style-type: none"> • War • Golden Child 		

7	HUDDLE	5 minutes
<ul style="list-style-type: none"> • 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

- **MESSAGE:** Chance of success increases when you ask for help - Importance of Communication
- **EMPLOYABILITY SKILLS:** Communication - Teamwork - Negotiation - Collaboration

1	SHOW UP	5 minutes
1. Introductions 2. Welcomes 3. Registrations		

2	MESSAGE	10 minutes
<p>Chance of success increases when you ask for help (ie coach, friend, youth worker, etc) We will discuss the importance of communication whether it's about a basketball skill, school work, emotional, or physical. You never know who may be willing to help you in any situation.</p> <p>Ask</p> <ul style="list-style-type: none"> • Name a situation where you needed help but you didn't. How did that affect you? 		

3	WARM UP	30 minutes
<ul style="list-style-type: none"> • Laps around the gym/Sprints • Dynamic Stretching sidelines or baseline: Knee to chest, High knees, Heel to butt (stretch) Butt Kicks, Lunges w/twist, Frankenstin Kicks, Heel to Hip, Alternating Fingertips to the ground and balance on one leg, Skips • CONDITIONING: Abs & Footwork 		

4	BEGINNER	60 minutes
<ul style="list-style-type: none"> • 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 		

5	ADVANCED	60 minutes
<ul style="list-style-type: none"> • Passing Drills : R/L behind the back, Hook passes R/L (include beginners drills as well) • Dribbling 30/60 secs/ number: Taps and Pounds, In & Out dribble, Crossover, Between/behind legs, Figure 8 • 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	10 minutes
<ul style="list-style-type: none"> • Knock out, Free play 		

7	HUDDLE	5 minutes
<ul style="list-style-type: none"> • 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

NAVIGATE #1

- **MESSAGE:** Bounce Back - Challenges will come often - problem-solve in all situations
- **EMPLOYABILITY SKILLS:** Problem solving - Initiative - Adaptability - Decision making

1	SHOW UP	5 minutes
1. Introductions 2. Welcomes 3. Registrations		

2	MESSAGE	10 minutes
<p>"Bounce Back": You must develop a language that will empower you when faced with a challenge. Challenges will come often, so it will be up to you to have creativity and problem-solve in all situations.</p> <p>Ask</p> <ul style="list-style-type: none">• What are some obstacles that you faced this week or in the past?• How did you overcome them?		

3	WARM UP	30 minutes
<ul style="list-style-type: none">• 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
<ul style="list-style-type: none">• 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: Shooting Drills: R/L Layups, Free throws, Spot Shooting• Defensive: Shell drill, Fast break transition, Zig Zag drill		

5	ADVANCED	60 minutes
<ul style="list-style-type: none">• 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- Full court layups/ Jump shots (10 in row or time), Full court jump shots, Fade out shot R&L, Free throws, spot shooting drill• Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)		

6	CLOSER	10 minutes
<ul style="list-style-type: none">• Free Play• Buzzer Beater		

7	HUDDLE	5 minutes
<ul style="list-style-type: none">• 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

NAVIGATE #2

- **MESSAGE:** Your Attitude is your altitude - Encourage teammates to bounce back
- **EMPLOYABILITY SKILLS:** Problem solving - Initiative - Adaptability - Decision making

1	SHOW UP	5 minutes
1. Introductions 2. Welcomes 3. Registrations		

2	MESSAGE	10 minutes
<p>"Your attitude is your altitude" : Today, we will work on supporting each other and having a positive attitude.</p> <p>Cheer on your teammates in a drill, Encourage them to "Bounce Back" after a missed shot, Help them if see them struggling.</p> <p>Ask</p> <ul style="list-style-type: none"> • Can you remember when you helped someone off the court after facing obstacles? 		

3	WARM UP	30 minutes
<ul style="list-style-type: none"> • Laps around the gym/Sprints • Dynamic Stretching sidelines or baseline: Knee to chest, High knees, Heel to butt (stretch) Butt Kicks, Lunges w/twist, Frankenstin Kicks, Heel to Hip, Alternating Fingertips to the ground and balance on one leg, Skips • CONDITIONING: Abs & Footwork 		

4	BEGINNERS	60 minutes
<ul style="list-style-type: none"> • 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: (two lines): One fribble R/L Jump shots, Stepback/Crossover R/L Jump shot • Defensive: Zig Zag drill- Slide to the cones in a defensive stance, full court FT, Half, FT, baseline 		

5	ADVANCED	60 minutes
<ul style="list-style-type: none"> • 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: Zig Zag drill- Slide to the cones in a defensive stance, full court FT, Half, FT, baseline 		

6	CLOSER	10 minutes
<ul style="list-style-type: none"> • Game ok Knockout • 3 on 2 on 1 • Full court 		

7	HUDDLE	5 minutes
<ul style="list-style-type: none"> • 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

COMMIT

#1

- **MESSAGE:** "It's not that you plan to fail, you fail to plan" - Making a plan
- **EMPLOYABILITY SKILLS:** Planning & Organising - Managing pressure - Self Motivation

1**SHOW UP****5 minutes**

1. Introductions
2. Welcomes
3. Registrations

2**MESSAGE****10 minutes**

"It's not that you plan to fail, you fail to plan." In life, a plan is there when something sets you off track, and you don't know what to do. **GO BACK TO THE PLAN.** Today, we are going to work on making a plan. Go through game-like movements and defense scenarios.

Ask

- Who has a plan for their life? What do you want to do with your life?
- What is that plan?
- What are the ways you are sticking to your plan?

3**WARM UP****10 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, Frankenstin Kicks, Heel to Hip, Alternating Fingertips to the ground and balance on one leg, Skips
- **CONDITIONING:** Abs & Footwork

4**BEGINNERS****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: Full court layups/ Jump shots (10 in row or time), Full court jump shots, Fade out shot R&L, Free throws, spot shooting drill
- Defensive Drill: Close out 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: Full court 3 man weave (10 in a row or time), Full court Jump shot, Hand off shooting drill
- Defensive Drill: Close out drill

6**CLOSER****10 minutes**

- Sharks and Minnows or 23 Cones Shooting Drill

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

COMMIT

#2

- **MESSAGE:** Hope for the future - Setting goals - Everyday is like a game
- **EMPLOYABILITY SKILLS:** Planning & Organising - Managing pressure - Self Motivation

1**SHOW UP****5 minutes**

1. Introductions
2. Welcomes
3. Registrations

2**MESSAGE****10 minutes**

A hope for the future without clear goals makes it hard to reach. Setting goals within your plan helps to keep your focus and keeps you motivated. Every day is like a game. When you wake up, it's just like stepping on the court. The obstacles you may face throughout the day are your defense, and all your small wins are your score. You woke up on time-SCORE, You got everything you need for school in your bookbag- SCORE, Turned in all your homework- SCORE

Ask

- Tell me some scores you had this week?
- What's your record? (coaches can share their scores and record)

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**BEGINNERS****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: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

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: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

6**CLOSER****10 minutes**

- Buzzer Beater
- Continuous 3 on 2

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

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

ENJOY

#2

- **MESSAGE:** Final session in the series - Reflection Day
- **EMPLOYABILITY SKILLS:** Self management - Self Motivation - Leadership - Positive attitude

1**SHOW UP****5 minutes**

1. Introductions
2. Welcomes
3. Registrations

2**MESSAGE****10 minutes**

Final session in the series and reflection day

Ask

- Who can remember the Bounce acronym?
- Which one stuck with you the most? How?

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**BEGINNERS****60 minutes**

Spend this session revisiting the BOUNCE acronym matched with skills and games ran through the first 11 weeks.

5**ADVANCED****60 minutes**

Spend this session revisiting the BOUNCE acronym matched with skills and games ran through the first 11 weeks.

BELIEVE IN THEMSELVES, OWN MISTAKES, UNITE WITH OTHERS, NAVIGATE CHALLENGES, COMMIT TO A PLAN, ENJOY YOURSELF

6**CLOSER****5 minutes**

- Continue Free Play

8**WRAP UP****5 minutes**

Highlight key points from the session, particularly examples that participants used of what they learnt from their experiences of obstacles and challenges.

Ask

- What has been most valuable / useful to you from what we have done today?

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