

# 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

"Your attitude is your altitude" : Today, we will work on supporting each other and having a positive attitude.

Cheer on your teammates in a drill, Encourage them to "Bounce Back" after a missed shot, Help them if see them struggling.

### Ask

- Can you remember when you helped someone off the court after facing obstacles?

## 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: (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

- 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

- 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

Basketball and Cones