

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, 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: 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