

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

"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.

Ask

- What are some obstacles that you faced this week or in the past?
- How did you overcome them?

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: Shooting Drills: R/L Layups, Free throws, Spot Shooting
- Defensive: Shell drill, 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- 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

- Free Play
- Buzzer Beater

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