

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

1	SHOW UP	5 minutes
<p>1. Introductions 2. Welcomes 3. Registrations</p>		

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, 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: 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