

# 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