

COMMIT

#2

- **MESSAGE:** Hope for the future - Setting goals - Everyday is like a game
- **EMPLOYABILITY SKILLS:** Planning & Organising - Managing pressure - Self Motivation

1 SHOW UP 5 minutes

1. Introductions
2. Welcomes
3. Registrations

2 MESSAGE 10 minutes

A hope for the future without clear goals makes it hard to reach. Setting goals within your plan helps to keep your focus and keeps you motivated. Every day is like a game. When you wake up, it's just like stepping on the court. The obstacles you may face throughout the day are your defense, and all your small wins are your score. You woke up on time-SCORE, You got everything you need for school in your bookbag- SCORE, Turned in all your homework- SCORE

Ask

- Tell me some scores you had this week?
- What's your record? (coaches can share their scores and record)

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: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

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: Chase down layups, Catch and shoot, 3 man weave.
- Defensive: 4 Corners, 20 Defensive Specialist (slide, sprint, close out, sprint)

6 CLOSER 10 minutes

- Buzzer Beater
- Continuous 3 on 2

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