

UNITE

#1

- **MESSAGE:** Team is about working together - Success increases when others are involved - Find people you can support and assist and people who can do the same for you
- **EMPLOYABILITY SKILLS:** Communication - Teamwork - Negotiation - Collaboration

1**SHOW UP****5 minutes**

1. **Introductions**
2. **Welcomes**
3. **Registrations**

2**MESSAGE****10 minutes****THIS IS OUR CULTURE**

A team is about working together. It is important to find people who can support and assist growth in any area of your life.

Today, we are going to work on teamwork/collaboration. We will complete team scenarios that will make you play to your strengths, quickly own any mistakes and correct them, apply your self-awareness, and demonstrate the importance of understanding and assisting others.

Ask: Can you name a time when you had to work together as a team, with family or friends to get something done? How did you do that?

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: Catch and Shoot, Pick & Roll
- Defensive: One on one stop, Fast break transition, Zig Zag 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: Catch and Shoot, Pick & Roll
- Defensive: One on one stop, Fast break transition, Zig Zag drill

6**CLOSER****10 minutes**

- War
- Golden Child

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