

BELIEVE

#1

MESSAGE: Contribute to a Team - Believe in Yourself - Unique Skills

EMPLOYABILITY SKILLS: Making decisions - Initiative - Responsibility - Self Management

1

JUMP OFF

5 minutes

1. Introductions
2. Welcomes
3. Registrations

2

MESSAGE

10 minutes

Message

- Today's topic is – 'Believe in yourself – We're going to try out some fun new basketball skills, learn about teamwork, and find out how we each have unique skills that we can contribute to a team.

Ask

What kind of skills can you bring to a team?

- Basketball
- Work/Family/School

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

- Game ok Knockout
- 3 on 2 on 1
- 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