


Practice #1: Positive Attitude

| ACTIVITY | TIME | KEY POINTS | EQUIPMENT |
|--|---------------|---|-----------|
| Open Gym/ Parent Meeting | ⌚ 2.5 MINUTES | <ul style="list-style-type: none"> Make sure equipment is set up i.e. Nets, Practice Plan Posters, Basketballs, Cones, Etc. Safety scan of the gym is completed Explain program/philosophy to parents (refer to coach/parent meeting on previous page)•One coach will talk with parents while the other can work with the children Items to discuss with parents (See page 6) | |
| Welcome Group Circle | ⌚ 2.5 MINUTES | <ul style="list-style-type: none"> Bring it in...slow clap...Jr. NBA cheer Jr. NBA is all about FUN! Ice Breaker: Get to know your coaches/teammates The key theme today is Positive Attitude! <ul style="list-style-type: none"> Balance fun with fundamentals and always have patience The three E's – Encouragement, Energy and Enthusiasm – are essential | |
| WARM-UP GAME | ⌚ 10 MINUTES | | |
| Zoo Keeper (Running)  | ⌚ 7 MINUTES | <ul style="list-style-type: none"> Keep your body low Swing your arms | |
| Dynamic Warm-Up | ⌚ 3 MINUTES | <ul style="list-style-type: none"> Go slow, it is not a race Keep your balance | |
| 💧 WATER BREAK | | | |

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|---|--------------|--|---|
| FUNDAMENTAL/ BASKETBALL SKILLS | | | |
| | ⌚ 20 MINUTES | | |
| Fingertips/Circle Basketballs | ⌚ 3 MINUTES | <ul style="list-style-type: none"> Listen to command Watch the ball with your eyes Control the ball | BASKETBALL |
| Toss & Catch/Toss, Clap, Catch | ⌚ 3 MINUTES | <ul style="list-style-type: none"> Watch the ball with your eyes Reach for the ball Cradle the ball with your hands | BASKETBALL |
| Water Balloon Bounce Passes | ⌚ 7 MINUTES | <ul style="list-style-type: none"> See the imaginary target and aim high Step and throw. Point your hands at the target Be ready to cushion the ball when catching it | BASKETBALL (PARENT INVOLVEMENT) |
| Line Shooting (Gimme 5) | ⌚ 7 MINUTES | <ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim | BASKETBALL, MINI-HOOP (PARENT INVOLVEMENT) |
| 💧 WATER BREAK | | | |
| COLLABORATION GAMES | | | |
| | ⌚ 7 MINUTES | | |
| Red Light, Yellow Light, Green Light, Orange Light | ⌚ 7 MINUTES | <ul style="list-style-type: none"> Listen to the command Keep your body low Cushion the ball | BASKETBALL |
| COOL DOWN/WRAP-UP | | | |
| | ⌚ 3 MINUTES | | |
| | ⌚ 3 MINUTES | <ul style="list-style-type: none"> Stretching Time! What's the theme of the day? How was it displayed on the court? What's one new thing you learned today? Put your name on the ball and bring it next week Next week, tell me how you demonstrated a POSITIVE ATTITUDE Bring it in...slow clap...Jr. NBA cheer! | |