

Practice #10: Communication

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Open Gym/ Welcome Group Circle	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap... Jr. NBA cheer! How did you demonstrate Hard Work since we last had Jr. NBA? The key theme today is Communication! <ul style="list-style-type: none"> Promote a respectful environment at all times Be considerate and demand the same from your players 	
WARM-UP GAME			
Coach Says (Defensive Slides) 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Listen and watch for the commands Keep your body down Keep your arms out as wide as you can 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Pirate Treasure 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL, DISC CONES
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS			
In / Out The Water 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Listen for the commands Bend your knees and stay low Quick feet! 	

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Cushion the ball Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Tag Team Lay Ups 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Cushion the ball Work together with your teammate Step through and throw Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
2 on 2 with Coach	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> What's the theme of the day? How was it displayed on the court? What's one new thing that you learned today? Remember to bring your ball next week Next week, tell me how you demonstrated COMMUNICATION! Bring it in...slow clap... Jr. NBA cheer! 	