







Practice #12: FUNdamentals (STATIONS)

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 Responsibility since we last had Jr. NBA? The key theme today is FUNdamentals! <ul style="list-style-type: none"> Lead by example and be a good role model Express a confident demeanour and project your voice 	
WARM-UP GAME			
	⌚ 8 MINUTES		
What Time Is It Mr. Ref? (with the basketball)  	⌚ 6 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Watch out for your teammates! 	BASKETBALL
Dynamic Warm-Up	⌚ 2 MINUTES	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS	⌚ 15 MINUTES	SEE STATIONS IN APPENDIX B FOR SET UP	
Line Shooting (Gimme 5) 	⌚ 1 MINUTE	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS
Water Balloon Passes  	⌚ 3 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
Around the World (3 Spot Shooting) 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs See the target Shoot it over the rim 	BASKETBALL, MINI-HOOPS

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Cone Mania 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
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
Dribble Relays/Zig Zag 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Keep your body low Keep your head up Cushion the ball 	BASKETBALL, DISC CONES
WATER BREAK			
COLLABORATION GAMES ⌚ 12 MINUTES			
2 on 2 with Coach	⌚ 12 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 Remind your parents about "Bring Your Parents to Jr. NBA Day!" Make parents sign a waiver prior to participating in next week's practice Make sure your parents wear indoor footwear (sneakers) Remind parents "No Dunking!" Bring it in...slow clap... Jr. NBA cheer! 	