




Practice #2: Sportsmanship

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Parents in the Circle Clap – Every Week	⌚ 5 MINUTES	<ul style="list-style-type: none"> Bring it in...slow clap...Jr. NBA cheer! How did you demonstrate a Positive Attitude since we last had Jr. NBA? The key theme today is Sportsmanship! <ul style="list-style-type: none"> Treat all players fairly but adjust your style to suit individual personalities Demonstrate to your players the value of being a good sport 	
WARM-UP GAME ⌚ 8 MINUTES			
Basketball Geography 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Keep your head up Swing your arms 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
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 BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Stationary Dribbling	⌚ 6 MINUTES	<ul style="list-style-type: none"> Listen to the command Stay Low Cushion the ball 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Rock & Roll 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Keep your eyes on the ball Stay Low Cushion the ball 	BASKETBALL, CONES
1,2,3 Shots 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Phase 1: Get low like a frog Phase 2: Bring the ball up like an elephant trunk (but stay low!) Phase 3: Explode upwards like a kangaroo! 	BASKETBALL
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-HOOPS
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Over The Log	⌚ 7 MINUTES	<ul style="list-style-type: none"> Explode over the log Keep your balance Swing your arms 	BASKETBALL
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 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 that you learned today? Remember to bring your ball next week Next week, tell me how you demonstrated SPORTSMANSHIP! Bring it in...slow clap... Jr. NBA cheer! 	