

Practice #3: Teamwork

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 Sportsmanship since we last had Jr. NBA? The key theme today is Teamwork! <ul style="list-style-type: none"> Stress the importance of working together Being part of a team means demonstrating commitment, taking responsibility, and being accountable 	
WARM-UP GAME			
Run, Freeze, Balance 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Keep your balance, freeze like a statue! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Dribble Freeze Tag w/ Coach 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Cushion The Ball Keep eyes up Keep your balance 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS			
Water Balloon Chest Pass 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Step and throw. Point your hands at the target Be ready to cushion the ball when catching it Cradle the ball with your hands 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Pound and Pass 	⌚ 5 MINUTES	<ul style="list-style-type: none"> • Watch the ball with your eyes • Reach for the ball and show your target • Listen for the code word 	BASKETBALL
Pepper Pot Passing 	⌚ 10 MINUTES	<ul style="list-style-type: none"> • Step and throw. Point your hands at the target • Be ready to cushion the ball when catching it • Cradle the ball with your hands 	BASKETBALL, CONES
WATER BREAK			
COLLABORATION GAMES ⌚ 10 MINUTES			
Volcanoes & Craters 	⌚ 10 MINUTES	<ul style="list-style-type: none"> • Keep your body low • Watch out for your teammates! • Cushion the ball 	BASKETBALL, DISC CONES
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 TEAMWORK! • Bring it in...slow clap... Jr. NBA cheer! 	