

# Practice #4: Respect

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
<b>Open Gym/ Welcome Group Circle</b>	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Bring it in...slow clap...Jr. NBA cheer!</li> <li>How did you demonstrate <b>Teamwork</b> since we last had Jr. NBA?</li> <li>The key theme today is <b>Respect!</b> <ul style="list-style-type: none"> <li>Promote a respectful environment at all times</li> <li>Be considerate and demand the same from your players</li> </ul> </li> </ul>	
<b>WARM-UP GAME</b>			
<b>Skip Tag</b> 	⌚ 2 MINUTES	<ul style="list-style-type: none"> <li>Swing your arms</li> <li>Explode upwards like your favourite superhero</li> <li>Respect the rules of the game</li> </ul>	
<b>Dynamic Warm-Up</b>	⌚ 1 MINUTE	<ul style="list-style-type: none"> <li>Go slow, it is not a race</li> <li>Keep your balance</li> </ul>	
<b>Volcanoes &amp; Craters</b> 	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Keep your body low</li> <li>Watch out for your teammates!</li> <li>Cushion the ball</li> </ul>	<b>BASKETBALL, DISC CONES</b>
<b>💧 WATER BREAK</b>			
<b>FUNDAMENTAL/ BASKETBALL SKILLS</b>			
<b>Stationary Dribbling Series</b> 	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Listen for the command</li> <li>Keep your head up</li> <li>Cushion the ball</li> </ul>	<b>BASKETBALL</b>

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
<b>High 5 Lay Ups</b> 	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>It's not a race, take your time</li> <li>Count it out loud...1, 2, jump!</li> <li>Explode upwards like your favourite superhero</li> </ul>	
<b>1-2 Step Lay-Ups</b> 	⌚ 10 MINUTES	<ul style="list-style-type: none"> <li>Count it out loud...1, 2, jump!</li> <li>Explode upwards like your favourite superhero</li> <li>Shoot it over the rim</li> </ul>	BASKETBALL, MINI-HOOPS
<b>Give &amp; Go with Coach</b> 	⌚ 7 MINUTES	<ul style="list-style-type: none"> <li>Cushion the ball</li> <li>Step and throw. Point your hands at the target (coach)</li> <li>Be ready to cushion the ball when catching it</li> <li>Shoot it over the rim</li> </ul>	BASKETBALL, MINI-HOOPS
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
<b>What Time Is It Mr. Ref?</b> 	⌚ 7 MINUTES	<ul style="list-style-type: none"> <li>Keep your head up</li> <li>Cushion the ball</li> <li>Play by the rules of good <b>sportsmanship</b></li> </ul>	BASKETBALL
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Stretching Time!</li> <li>What's the theme of the day? How was it displayed on the court?</li> <li>What's one new thing you learned today?</li> <li>Remember to bring your ball next week</li> <li>Next week, tell me how you demonstrated <b>RESPECT!</b></li> <li>Bring it in...slow clap... Jr. NBA cheer!</li> </ul>	