












# Practice #5: Leadership

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>Respect</b> since we last had Jr. NBA?</li> <li>The key theme today is <b>Leadership!</b> <ul style="list-style-type: none"> <li>Lead by example and be a good role model</li> <li>Express a confident demeanour and project your voice</li> </ul> </li> </ul>	
<b>WARM-UP GAME</b> ⌚ 8 MINUTES			
<b>Dribble Freeze Tag</b> 	⌚ 4 MINUTES	<ul style="list-style-type: none"> <li>Swing your arms</li> <li>Watch out for your teammates!</li> <li>Change speed, change direction, plant and explode!</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>Toss &amp; Catch/Toss, Clap, Catch</b> 	⌚ 3 MINUTES	<ul style="list-style-type: none"> <li>Keep your head up</li> <li>Swing your arms</li> </ul>	
💧 WATER BREAK			
<b>FUNDAMENTAL/ BASKETBALL SKILLS</b> ⌚ 20 MINUTES			
<b>Water Balloon Chest Pass</b> 	⌚ 2 MINUTES	<ul style="list-style-type: none"> <li>Watch the ball with your eyes</li> <li>Reach for the ball and show your target</li> <li>Cradle the ball with your hands</li> </ul>	<b>BASKETBALL</b>

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
<b>Chain Game</b>  	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Watch the ball with your eyes</li> <li>Reach for the ball and show your target</li> <li>Cradle the ball with your hands</li> <li>Call for the ball – <b>communicate!</b></li> </ul>	<b>BASKETBALL</b>
<b>Swipers</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</b>
<b>Give &amp; Go with Coach</b>   	⌚ 8 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>	<b>BASKETBALL, MINI-HOOPS</b>
💧 WATER BREAK			
<b>COLLABORATION GAMES</b> ⌚ 7 MINUTES			
<b>Pirate's Gold</b> 	⌚ 7 MINUTES	<ul style="list-style-type: none"> <li>Bend your knees and use your legs</li> <li>See the target</li> <li>Shoot it over the rim</li> <li>Count your baskets as a team</li> </ul>	<b>BASKETBALL, MINI-HOOPS, DISC CONES</b>
<b>COOL DOWN/WRAP-UP</b> ⌚ 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>LEADERSHIP!</b></li> <li>Bring it in...slow clap... Jr. NBA cheer!</li> </ul>	