

Practice #7: Confidence

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 Health & Fitness since we last had Jr. NBA? The key theme today is Confidence! Balance fun with fundamentals and always have patience The three E's – Encouragement, Energy and Enthusiasm – are essential 	
WARM-UP GAME			
Run, Freeze, Balance 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Swing your arms Keep your balance and 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 	
Stationary Dribbling - Follow the Coach 	⌚ 5 MINUTES	<ul style="list-style-type: none"> Follow the coach Stay low and balanced Take your time, it's not a race 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS			
Chain Game 	⌚ 6 MINUTES	<ul style="list-style-type: none"> Keep Low Cushion the ball Keep your eyes up 	BASKETBALL, CONES
Octopus 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates Cushion the ball 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Around the World (3 Spot Shooting) 	⌚ 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, DISC CONES
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
Capture The Cone 	⌚ 7 MINUTES	<ul style="list-style-type: none"> Keep your body low Watch out for your teammates Cushion the ball 	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 CONFIDENCE! Bring it in...slow clap... Jr. NBA cheer 	