





Practice #8: Friendship

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 a Confidence since we last had Jr. NBA? The key theme today is Friendship! <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			
Cheetahs 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Lean forward and push with your legs Change speed, change direction, plant and explode! 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Basketball Geography (with a basketball) 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up and your body low Cushion the ball 	BASKETBALL
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Rock, Paper, Scissors Run 	⌚ 2 MINUTES	<ul style="list-style-type: none"> Listen for the command Keep your head up Cushion/Control the ball 	BASKETBALL

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
Cone Mania 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Bend your knees and use your legs Swing your arms Step and throw Point your hands at the target 	BASKETBALL, DISC CONES
Around the World (3 Spot Shooting) 	⌚ 6 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
What Time Is It Mr. Ref? (with the basketball) 	⌚ 8 MINUTES	<ul style="list-style-type: none"> Keep your head up Cushion the ball Play by the rules of good sportsmanship 	BASKETBALL
💧 WATER BREAK			
COLLABORATION GAMES ⌚ 7 MINUTES			
1 on 1 with Coach	⌚ 7 MINUTES	<ul style="list-style-type: none"> Listen to command See the target Control the ball 	BASKETBALL, MINI HOOP
COOL DOWN/WRAP-UP ⌚ 5 MINUTES			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> 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 FRIENDSHIP! Bring it in...slow clap... Jr. NBA cheer! 	