







Practice #9: Hard Work

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 Friendship since we last had Jr. NBA? The key theme today is Hard Work! <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 ⌚ 8 MINUTES			
Skip Tag 	⌚ 3 MINUTES	<ul style="list-style-type: none"> Swing your arms Explode upwards like your favourite superhero Respect the rules of the game 	
Dynamic Warm-Up	⌚ 1 MINUTE	<ul style="list-style-type: none"> Go slow, it is not a race Keep your balance 	
Volcanoes and Craters 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Cushion the ball Work as a team and communicate Go slow and steady 	BASKETBALL, CONES
💧 WATER BREAK			
FUNDAMENTAL/ BASKETBALL SKILLS ⌚ 20 MINUTES			
Crossroads Dribbling 	⌚ 4 MINUTES	<ul style="list-style-type: none"> Keep your eyes up Stay low Cushion the basketball 	BASKETBALL, CONES

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Quick Switch	⌚ 4 MINUTES	<ul style="list-style-type: none"> Communicate with each other Keep your eyes up Stay low 	CONES
High 5 Lay Ups  	⌚ 6 MINUTES	<ul style="list-style-type: none"> Count it out loud...1, 2, jump! Explode upwards like your favourite superhero Shoot it over the rim 	BASKETBALL, MINI HOOP, DISC CONES
Tag Team Lay Ups   	⌚ 6 MINUTES	<ul style="list-style-type: none"> Make sure everyone touches the ball Work together with your teammate Step through and throw Shoot it over the rim 	BASKETBALL, MINI-HOOPS, DISC CONES
 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	<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 HARD WORK! Bring it in...slow clap... Jr. NBA cheer! 	