

Basketball Class Structure

Break it Down Total Sports

Times	Activities
8:30-8:45	<u>Opening/Sport's Knowledge</u> <ul style="list-style-type: none"> • Get to know each other • Basketball Facts and Pop Culture
8:45-9:00	<u>Warm up</u> <ul style="list-style-type: none"> • Stretching • Jogging
9:00-9:10	Water Break and Reinforcement
9:10-9:25	<u>Team Fundamentals</u> <ul style="list-style-type: none"> • Stopping with whistle • Staying in area • Staying in bounds • Find teammate (use jerseys) • Expectations during drills <ul style="list-style-type: none"> ○ Take turn, go to end of line, etc.
9:25-9:40	Snack and Reinforcement
9:40-9:55	<u>Skill Building/Scrimmage</u> <ul style="list-style-type: none"> • Shooting • Passing • Dribbling • Defense • Rebounding
9:55-10:00	Water Break and Reinforcement