



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 YMCA K-1 Basketball Program Schedule

All sessions are from 5:45-6:30 p.m. in the YMCA Gym

Week 1

Date	Teams	Scheduled Activities
Monday, October 30	Aces, Liberty, Bucks, Bulls, Pistons, Lakers, Heat	Introductions, shirt issue, skills and drills
Tuesday, October 31		No Basketball- Happy Halloween

Week 2

Date	Teams	Scheduled Activities
Monday, November 6	Bucks, Bulls, Lakers, Heat	Skills and drills
Tuesday, November 7	Pistons, Aces, Liberty	Skills and drills

Week 3

Date	Teams	Scheduled Activities
Monday, November 13	Bucks, Bulls, Lakers, Heat	Skills and drills
Tuesday, November 14	Pistons, Aces, Liberty	Skills and drills

Week 4

Date	Teams	Scheduled Activities
Monday, November 20	Bucks, Bulls, Lakers, Heat	Skills and drills plus 15-20 minutes of game situation
Tuesday, November 21	Pistons (intra-squad), Aces, Liberty	Skills and drills plus 15-20 minutes of game situation

Week 5

Date	Teams	Scheduled Activities
Monday, November 27	Bucks, Bulls, Lakers, Pistons	Skills and drills plus 15-20 minutes of game situation
Tuesday, November 28	Heat (intra-squad), Aces, Liberty	Skills and drills plus 15-20 minutes of game situation

Week 6

Date	Teams	Scheduled Activities
Monday, December 4	Bucks, Pistons, Lakers, Heat	Skills and drills plus 15-20 minutes of game situation
Tuesday, December 5	Bulls (intra-squad), Aces, Liberty	Skills and drills plus 15-20 minutes of game situation

Week 7

Date	Teams	Scheduled Activities
Monday, December 11	Pistons, Bulls, Lakers, Heat	Short skills and drills period plus up to 30 minutes of game situation
Tuesday, December 12	Bucks (intra-squad), Aces, Liberty	Short skills and drills period plus up to 30 minutes of game situation

Week 8

Date	Teams	Scheduled Activities
Monday, December 18	Pistons, Bulls, Bucks, Heat	Short skills and drills period plus up to 30 minutes of game situation
Tuesday, December 19	Lakers (intra-squad), Aces, Liberty	Short skills and drills period plus up to 30 minutes of game situation