



Thursday, October 22nd, 2026

Warmup

Quickjumps, Stutter Steps

T-Rex / Deep Steps

Fingertip and wall drill

Drills

Passing

Machine gun Drill

Ladder Drill

4-Corner

Corriveau

next week... sorry.. Conditioning...

Message

10 "C's" of Basketball #4 & #5

Control

This relates to your behaviour, your ability to keep yourself in check!

If you get angry and you lose control, you can say things you don't mean!

You can act out and hurt someone! You can get yourself in big trouble!

Confidence

We gain confidence by repetition and practice.

Through trying, failing and trying again, until we succeed.

Remaining positive can help you remain confident.

Games - 4 minute games

3 on 3, give each other one arms length 1/2 Court Defense
man to man defense - **keep to your man, DO NOT CHASE THE BALL**

USE YOUR VOICE / 2 PASSES after 1/2 court / PASS and MOVE

KEEP YOUR SPACING!

Move the ball QUICKLY and ACCURATELY

TRUST YOUR TEAM!

Cleanup and head home

Interest in Extended Program ?

It would run on Thursday nights, after regular program
from 8 until 9. Cost for the season is 40.00 extra.

It is a more intense, harder, yet fun extension of this program.

