



2024

BOB NANCE

BASKETBALL ACADEMY

PROGRAM ITINERARY

20 MINUTES

ARRIVAL/ MENTAL AND PHYSICAL PREPERATION

- ✓ SIGN- IN AND SILENT STRETCH
- ✓ GROUP AWARENESS ACTIVITY

45 MINUTES

CONDITIONING AND SKILLS TRAINING

- ✓ DRIBBLING, PASSING AND BALL HANDLING
- ✓ DRILLS

20 MINUTES

CHARACTER BUILDING

- ✓ INDIVIDUAL SKILL SHOW
- ✓ CRITICS AND EVALUATION

20 MINUTES

REFLECTIONS AND DISMISSAL

- ✓ JOURNAL PROMPT SELF REFLECTION
- ✓ DISMISSAL

BOOKING & INFO:



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