

Bob Nance BASKETBALL ACADEMY



WEEK 1

Introduction to Basketball

OBJECTIVE

Introduction to the rules and understanding the sport terminology

	ACTIVITIES	EVALUATION
30 MINUTES	Introduce the importance of warming up and the benefits it has to locomotor skills	Access time it take student to travel from one end of the court to the other
45 MINUTES	Introduce student to the terminology and concepts of the sport	Demonstrates Dribbling, Passing, and shooting with out moving across the floor
20 MINUTES	Educate student on self awareness by identifying individual skill set and opportunities for growth	Student write in individual journey Prompt: What were my strengths for today and where can I improve