

## **BASKETBALL WEEKLY PLANNER:**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8:30 AM	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	TAC PROGRESS REPORT INTRO + GROUP RULES	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING	CALM MORNING GROUP BONDING
9:20 AM	ICE BREAKER GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES	LONG WARM UP GAMES
10:00 AM	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP	ON COURT WARM UP
10:30 AM	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
11:00 AM	INITIAL ASSESSMENT OF PLAYERS	DRIBBLING AND PASSING REVIEW	SHOOTING REVIEW	REVIEW DEFENSE, POSITIONS AND STRATEGY	TOURNAMENT 1/2
11:20 AM	INTRO TO DRIBBLING AND PASSING AND BASIC DRILLS	INTRO TO SHOOTING AND BASIC DRILLS	INTRO TO DEFENSE, POSITIONS AND STRATEGY	INTRO TO LAY UPS AND BASIC DRILLS	TOURNAMENT 1/2
11:40 AM	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	TOURNAMENT 1/2
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
12:30 PM	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	CALM GROUP GAMES	BIG CAMP ACTIVITY
1:00 PM	DRIBBLING AND PASSING DRILLS CONTINUED	SHOOTING DRILLS CONTINUED	DEFENSE, POSITIONS AND STRATEGY CONTINUED	SHOOTING AND LAYUPS CONTINUED	TOURNAMENT 2/2
1:30 PM	FUN DRILLS	FUN DRILLS	FUN DRILLS	FUN DRILLS	TOURNAMENT 2/2
2:30 PM	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
3:00 PM	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	PRACTICE MINI GAME (WITH BASIC RULES)	TOURNAMENT 2/2
4:00 PM	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP	PARENT PICK UP

## RAINY DAY:

On rainy days, no need to panic. Simply repeat the normal day formula and adjust with what's available to you. Here are two sample rainy days:

	RAINY DAY 1	RAINY DAY 2
8:30 AM	PARENT DROP OFF	PARENT DROP OFF
9:00 AM	MISSION IMPOSSIBLE (in the gym)	FUN INDOOR GAMES (indoor space available)
10:00 AM	WARM UP (in the gym)	FUN INDOOR GAMES (indoor space available)
10:30 AM	<b>SNACK</b>	<b>SNACK</b>
11:00 AM	LAY UP INTRO AND BASIC DRILLS (in the gym)	DEFENSE AND POSITIONS REVIEW (youtube and screen projector)
11:20 AM	2 PLAYER LAY UP DRILL (in the gym)	TRAINING CIRCUIT (indoor space available)
11:40 AM	MINI GAME (WITH BASIC RULES)	TRAINING CIRCUIT (indoor space available)
11:55 AM	HALF DAY PICK UP	HALF DAY PICK UP
12:00 PM	<b>LUNCH</b>	<b>LUNCH</b>
12:30 PM	CALM GROUP GAMES (indoor space available)	CALM GROUP GAMES (indoor space available)
1:00 PM	BODY WEIGHT WORKOUT (youtube and screen projector)	WARM UP (in the gym)
1:30 PM	FUN INDOOR GAMES (indoor space available)	DEFENSE 1 VS 1 DRILLS (in the gym)
2:30 PM	<b>SNACK</b>	<b>SNACK</b>
3:00 PM	FUN INDOOR GAMES (indoor space available)	MINI GAME (WITH BASIC RULES) (in the gym)
4:00 PM	PARENT PICK UP	PARENT PICK UP

*Note: As the basketball group, you usually have priority access to the gym on a regular day as the other groups use the outdoor space available. However, on a rainy day, you might only have access to the gym in the morning or in the afternoon as you will need to share the space. Proceed as a regular day nonetheless and communicate with the other sport coaches. Now is the time to get creative. Look for an available indoor open space to play some fun indoor activities or find a calm space and do some sport theory or mindfulness using a computer or a projector.*