

# Week 1 - Competitive



## Dribbling

### Pound Dribble

**Equipment:** Stop watch, Basketball

**Instruction:** Grab a basketball and stand in an athletic and ready position. Dribble twice with your dominant hand and cross the ball over to your non-dominant side or hand. Repeat with 2 dribbles on that side and cross over again.

**Scoring:** 1 point is rewarded for 2 dribbles with 1 crossover in 30 seconds.

## Shooting

### Form Shooting - Week 1

**Equipment:** Basketball, 1 Cone or Small Stationary Object, Basketball Hoop

**Instruction:** For Week 1 of Form Shooting, stand 1 metres away from the hoop. With your dominant hand, shoot 10 baskets. Partners will help retrieve and pass back the ball to the athlete.

**Scoring:** 1 point will be rewarded for each successful basket.

## Passing

### Chest Pass

**Equipment:** Stop watch, Basketball, 2 Cones or Small Stationary Objects

**Instruction:** With 3 metres between partner and athlete, place 2 objects or cones on the floor. Athletes may take one step past the cone to give a chest pass towards their partner.

**Scoring:** 1 point will be rewarded for each chest pass in 30 seconds.

## Agility

### 3-Metre Shuffle

**Equipment:** Stopwatch, 2 Cones or Small Stationary Objects

**Instruction:** Set up two objects, spaced 3 meters apart. Stand facing your partner in a low, defensive stance, mirroring their position. Begin at one object and shuffle laterally towards the other object, maintaining the mirroring movement with your partner. Repeat this shuffle back and forth between the objects, focusing on staying in sync with your partner's movements.

**Scoring:** Participant receives 1 point for each 3-Meter shuffle completed in 30 seconds.

# Week 1 - Recreation



## Dribbling

### Pound Dribble

**Equipment:** Stop watch, Basketball

**Instruction:** Grab a basketball and stand in an athletic and ready position. Dribble twice with your dominant hand and cross the ball over to your non-dominant side or hand. Repeat with 2 dribbles on that side and cross over again

## Passing

### Chest Pass

**Equipment:** Stop watch, Basketball, 2 Cones or Small Stationary Objects

**Instruction:** There is no space requirement between athlete and partner, choose a space that will yield the most success. Place 2 objects or cones on the floor. Athletes may take one step past the cone to give a chest pass towards their partner.

## Shooting

### Form Shooting - Week 1

**Equipment:** Basketball, 1 Cone or Small Stationary Object, Basketball Hoop

**Instruction:** The athlete will stand wherever is most comfortable in front of the hoop. With your dominant hand, shoot 10 baskets. Partners will help retrieve and pass back the ball to the athlete.

## Agility

### 3-Meter Shuffle

**Equipment:** Stopwatch, 2 Cones or Small Stationary Objects

**Instruction:** Set up two objects, spaced approximately 9 feet apart. Athletes get into a comfortable stance, facing their partner. With a playful attitude, take turns shuffling from one object to the other, mimicking each other's movements. Enjoy the back-and-forth rhythm and feel free to add your own style or flair to the shuffling. The goal is to have fun and stay connected with your partner throughout the activity.