

Week 1 Snapshot

Let's Play: Establishing Routines

Lesson 1

Objective: Students will learn dribbling skills and daily routines.

Lesson Title: Huddle Up!

Materials: Basketballs, Cones, Poly Spots

Lesson 2

Objective: Students will make a Team Agreement and practice routines before playing in a shooting drill.

Lesson Title: Team Agreement

Materials: Cones, Basketballs, Whiteboard or Paper

Lesson 3

Objective: Students will learn the names and positions on the court, and practice spacing on the court.

Lesson Title: Player Positions

Materials: Basketballs, Cones/Poly Spots

Lesson 4

Objective: Students will learn the rules of basketball and new dribbling drills to practice game-like situations.

Lesson Title: Game Rules

Materials: Basketballs, Cones/Poly Spots

Lesson 5

Objective: Students will put their skills to the test in a non-scoring scrimmage.

Lesson Title: Scrimmage Day

Materials: Basketballs, Cones/Poly Spots

Link: [Head, Shoulders, Knees & Toes](#)