

BASKETBALL

- 1st period - 1-Form two lines at each basket, one fourth of the class in each line.
a-Two handed push pass
b-Two handed bounce pass
c-Two handed push shot.
2-Squadron competition
- 2nd period - 1-Same division of class as above
a-Dribble in and lay up shot. Alternate using the right and the left hand.
b-Two hand bounce pass
2-Squadron competition
- 3rd period - 1-Same division of class as above
a-Dribble to free throw line, pivot without breaking dribble, and on in for lay up shot.
b-One hand wrist and arm pass. Alternate left and right hand.
c-"Bull in the pen" passing exercise.
2-Squadron competition.
- 4th period - 1-Same division of class as above
a-Dribble toward end line, 8 to 10 feet out from basket and take a one hand push shot.
b-One hand hook pass
c-Game of 21 using two hand push shot.
2-Squadron competition.
- 5th period - 1-Same division of class as above
a-Review passing exercises
b-Four corner dribbling exercise, using pivot
c-Relays - dribble length of floor and back
- dribble length of floor, using left hand only.
2-Squadron competition
- 6th period - 1-Same division of class as before
a-Review passing and shooting skills
b-Work on fast break manouever, going down floor three abreast
c-Relays -dribble length of floor backwards
-dribble length, do three push ups, then back again
2-Squadron competition.
- 7th period - 1-Divide class for fast break manouever, three abreast.
a-Use fast break, and shoot
b-Use fast break, against two defensive men.
c-Relays -dribble length of floor, using three pivots down, and three coming back.
2-Squadron competition.