



## PGMBA

### Practice #8 – Gr. 5/6 Jan. 19, 2014

Notes:

0:00 - 0:10 Dynamic warm-up and balance exercises

- start with squats and lunges
- Supermans
- Dynamic running (A, B, C's of running)
- Animal walks (Bear Walk, Kangaroo Skips, inchworm)
- Lane hops and slides

0:10 – 0:20 Pitino dribble attack layups

0:20 – 0:30 Team form shooting

0:30 – 0:40 Partner passing/4 corner passing drill

0:40 – 0:50 Teach jab and go/jab and cross

0:50 – 1:00 3 spot 2 on 1

1:00 – 1:10 Ultimate

1:10 – 2:00 Scrimmage

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