

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	Ball Handling	Slap/Tap Circle/Catch	Coin Flip	Dancers	Ball Handling	World's Greatest Stretch
WEEK 2	Passing	Desk Ball	Hurdle, Jump, Squat, Fast Feet	Basketball As If	Passing	Side to Side Stretching
WEEK 3	Shooting	Defense Burst	Levels	Tabata Stand Up Sit Down	Shooting	Blooming Flower
WEEK 4	Defense	BOKS It (Basketball Style)	Minute to Win It	Tabata Jumping	Defense	Wall Stretching
WEEK 5	Agility	Basketball Coin Flip	Sports Galore	Fast & Low	Agility	Mirror Me

How does this work?

- Click on the activity to see how to perform the exercise.
- Click on the skill video to see an introduction of the skill, watch the video and join the weekly challenges on page 2 to practice and learn the basketball skill of the week.
- Practice a new BOKS Burst every weekday.
- Use the ABC workout on page 3 and the words in the calendar to get moving.

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NEW - March Calendar

Download by logging into the Trainer Hub

WEEKLY
CHALLENGE

Challenge: Passing

This week we challenge you to grab your basketball, and a partner, and get passing. Have fun figuring out as many traditional passes as you can and then get creative. Practice wall passes to yourself, off the wall to a partner, bounce pass to your partner, over the head passes, chest passes and one-handed push passes. Get really creative and try doing a behind the back pass. Once you have given all of these a try, pick your favorite pass, and continue to pass with your partner, taking one step back away from each other each time you make a successful pass. See how many passes and how far apart you can get. Then, try the same activity with a different pass!

BURST 1: DESK BALL

Materials : Wadded up piece of paper or tissue.

Directions:

- Roll up a piece of paper and pretend it is a basketball.
- Toss the paper in the air as if you are shooting a basket.
- Kids make a target on their desk.
- Take five shots, with a little knee bend and raise up onto the toes and shoot.
- Take five shots stepping to the right, knee bend, a small jump and shoot.
- Take five shots stepping to the left, knee bend, a small jump and shoot.
- Count how many times the object hits the target made on the desk.
- Repeat if time permits.

Week 2

BURST 2: HURDLE, JUMP, SQUAT, FAST FEET

Materials: None

Directions:

- 30 seconds of jumping side to side over a pretend hurdle (two feet to two feet).
- Five squats.
- 30 seconds of jumping front to back over a pretend hurdle.
- Five squats.
- 30 seconds of fast feet (like a football player).
- Five squats.
- Rest for 30 seconds and grab some water.
- Repeat 3 times.



BURST 3: BASKETBALL AS IF

Materials: None

Directions:

- Do each activity for 30 seconds and switch to the next activity. Side shuffle as if playing basketball defense.
- Jump and shoot as if taking a jump shot.
- Pretend to bounce a ball as if you are dribbling down the court.
- Pretend to pass the ball as if you are passing to a teammate.
- Pretend to dribble the ball back and forth between right and left hand as if trying to go around an opponent.
- Celebrate as if your team just won the championship.

BURST 4: ABC WORKOUT - "PASSING"

Materials: ABC Skill Chart

Directions:

- Perform the movements associated with each letter of the word provided using the ABC workout poster on page 3 of the March Fitness Calendar.

BURST 5: SIDE TO SIDE STRETCHING

Materials: None

Directions:

- Hold the below stretches for 30 seconds each.
- Stand with feet wide. Reach both hands towards right ankle. Hold for 30 seconds. Repeat to the left ankle.
- Stand tall with feet under hips. Reach left hand overhead and to the right to stretch the left side of the body. Hold for 30 seconds. Switch sides.
- Stand tall with feet under hips. Cross your right arm over your chest, use your left arm to push your forearm closer to your chest. Keep your shoulders down. Hold for 30 seconds. Switch sides.
- Repeat each stretch two more times. For round two, hold the stretches for 20 seconds. For round three, hold the stretches for 10 seconds.