



Pee Wee Junior Mites Practice Plan

Practice Schedule: Colorful Basketball Adventure

1. Welcome Circle (5 minutes)

- ∅ Share a favorite color with the group.

2. Warm-Up (5 minutes)

- ∅ Parent-child hopping on one foot (hold hands).
- ∅ Wiggle like colorful jellybeans.

3. Rainbow Dribbling (10 minutes)

- ∅ Parents call out a color (e.g., "Red!").
- ∅ Children dribble the soft basketball using only that color (imagination!).
- ∅ Encourage creativity and laughter.

4. Colorful Obstacle Course (10 minutes)

- ∅ Set up cones in a colorful pattern (red, blue, yellow, etc.).
- ∅ Parents guide children through the course, dribbling around each colored cone.
- ∅ Celebrate their rainbow dribbling skills!

5. Cool Down (5 minutes)

- ∅ Parent-child stretching (reach for the sky, touch toes).

Practice: Animal Friends Basketball Party

6. Welcome Circle (5 minutes)

- ∅ Share an animal sound (e.g., "Roar like a lion!").

7. Warm-Up (5 minutes)

- ∅ Parent-child galloping (hold hands).

- ∄ Pretend to be different animals (e.g., hop like a bunny, crawl like a turtle).

8. Animal Passing Parade (10 minutes)

- ∄ Parents and children form a line.
- ∄ Pass the ball down the line while making animal sounds (e.g., "Quack!").
- ∄ Lots of giggles and wiggles!

9. Animal Shooting Safari (10 minutes)

- ∄ Set up a mini-hoop (lowered height).
- ∄ Parents and children take turns shooting while pretending to be animal friends (e.g., "Swish like a giraffe!").
- ∄ Celebrate their wild shots!

10. Cool Down (5 minutes)

- ∄ Parent-child stretching (gentle stretches).

Remember, these practices are all about bonding, having fun, and creating positive memories. Feel free to adapt the activities based on the children's interests and energy levels! 🏀