

Objective

By the end of this lesson, Jordan will have a better understanding of the skills, mindset, and dedication required to pursue a career as an NBA player. He will also engage in physical activities that mimic the training routines of professional basketball players.

Materials and Prep

- A basketball (if available)
- A flat surface or basketball court for practice
- Notebook and pen for taking notes
- Timer or stopwatch for drills
- Water bottle for hydration
- Access to a computer or smartphone for research

Before the lesson, ensure Jordan is dressed comfortably for physical activity. Also, prepare a list of famous NBA players and their training routines for research.

Activities

• Warm-Up Drills:

Start with a 10-minute warm-up that includes stretching and light jogging. This will help prevent injuries and prepare Jordan's body for more intense activities.

• Shooting Practice:

Spend 20 minutes practicing shooting from different spots on the court. Focus on form and consistency. Jordan can track his shooting percentage to see improvement over time.

• Dribbling Drills:

Practice dribbling with both hands for 15 minutes. Set up cones or markers to weave through, improving control and agility. This will help develop essential ball-handling skills.

• Research Famous Players:

Take 30 minutes to research a few famous NBA players. Jordan should note their training routines, what makes them successful, and any quotes or advice they have shared about hard work and determination.

• Reflection and Goal Setting:

Conclude the lesson with a 10-minute reflection. Jordan should write down what he learned about becoming an NBA player and set one short-term and one long-term goal related to basketball.

Talking Points

- "Becoming an NBA player requires more than just talent; it takes dedication and hard work every single day."
- "Practice makes perfect! The more you practice your shooting and dribbling, the better you'll become."
- "Look at the routines of successful players. They often have strict training schedules and focus

on their health."

- "Set specific goals for yourself. Whether it's improving your free throw percentage or becoming faster, goals give you something to strive for."
- "Remember, every great player started somewhere. Don't get discouraged by setbacks; they're part of the journey!"