

# UTAH JAZZ YOUTH ALL-GIRLS CURRICULUM



<b>8:00-8:15am</b>	<b>CHECK-IN / SHOOTAROUND</b>
<b>8:15-8:25am</b>	<b>MOTIVATIONAL THOUGHT</b>
<b>8:25-8:45am</b>	<b>DYNAMIC WARMUP</b>
<b>8:45-10:15am</b>	<b>STATIONS—SESSION 1</b>
<b>10:15-10:30am</b>	<b>BREAK</b>
<b>10:30am-Noon</b>	<b>STATIONS—SESSION 2</b>
<b>Noon-12:30pm</b>	<b>LUNCH</b>
<b>12:30-1:00pm</b>	<b>GAME FILM</b>
<b>1:00-2:30pm</b>	<b>STATIONS—SESSION 3</b>
<b>2:30-3:00pm</b>	<b>COMPETITION / END</b>