

UTAH JAZZ YOUTH GUARD SKILLS CURRICULUM



8:00-8:15am	CHECK-IN / SHOOTAROUND
8:15-8:25am	MOTIVATIONAL THOUGHT
8:25-8:45am	DYNAMIC WARMUP
8:45-11:40am	STATIONS (ball handling, dribbling to attack, dribbling to shoot, passing, drawing and kicking to shooter, knowing personnel, making reads, game situations, film study)
11:40am-12:10pm	4 v 4 / END
12:10-12:40pm	LUNCH
12:40-1:10pm	FILM STUDY
1:10-1:20pm	DYNAMIC WARMUP
1:20-1:50pm	SHOOTING DRILLS
1:50-2:15pm	3 v 3
2:15-2:55pm	5 v 5
2:55-3:00pm	WRAP-UP / END