

UTAH JAZZ YOUTH OFFENSIVE SKILLS CURRICULUM



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