

# UTAH JAZZ YOUTH POST SKILLS 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>8:45-11:40am</b>	<b>STATIONS (ball handling, posting up, passing, post drills, film)</b>
<b>11:40am-12:10pm</b>	<b>1 v 1 or 2 v 2</b>
<b>12:10-12:40pm</b>	<b>LUNCH</b>
<b>12:40-1:10pm</b>	<b>FILM STUDY</b>
<b>1:10-1:20pm</b>	<b>DYNAMIC WARMUP</b>
<b>1:20-2:00pm</b>	<b>POST DRILLS</b>
<b>2:00-2:30pm</b>	<b>HIGH/LOW-POST PLAY</b>
<b>2:30-2:55pm</b>	<b>PICK-AND-ROLL DRILLS</b>
<b>2:55-3:00pm</b>	<b>WRAP-UP / END</b>