

On The Court Basketball Online Sample Schedule

- 8:50 - 9:00 Players login to a Zoom waiting room and are individually assigned to a breakout room with a live coach for check-in.
- 9:00 - 9:15 Players are assigned to the main gym for announcements. A new basketball topic will be presented as a focus for each day.
- 9:15 - 9:25 Players are assigned to grade level breakout rooms for a live cardio warmup and stretching activity.

** Short water/bathroom break **

- 9:30-10:30 In small groups, players switch between coaches, each presenting a fun basketball activity or drill, at 10 min intervals.
- 10:30-10:45 *Snack Break.* Coaches for individual chat or skills challenge.
- 10:45-11:00 Players select their own breakout rooms from a selection of live hosted competitions, challenges, fun games, or videos.
- 11:00-11:15 Live presentation in the main gym about the day's focus topic.
- 11:15-11:30 Back in grade Level groups, players practice the daily focus skill or topic in a live, interactive session with their assigned coach.

** Short water/bathroom break **

- 11:35-11:45 A fun game or competition, based on the daily focus is run by each group coach.
- 11:45-11:55 Recap of the day and special announcement in the main gym.
- 11:55-12:00 Complete the day with the "Coach's Challenge". Each coach will get a chance to win prizes for their group as players watch.

About OTC

On The Court believes that athletics are a vehicle to provide children with an opportunity to grow and create new possibilities in their lives. Our programs build self-confidence, improve self-image, and encourage family involvement. Each child will develop sportsmanship and athletic integrity, and gain an understanding of the game of basketball.

***Stay Connected with On The Court
Here for you...Live Online***