

# WEEK ONE

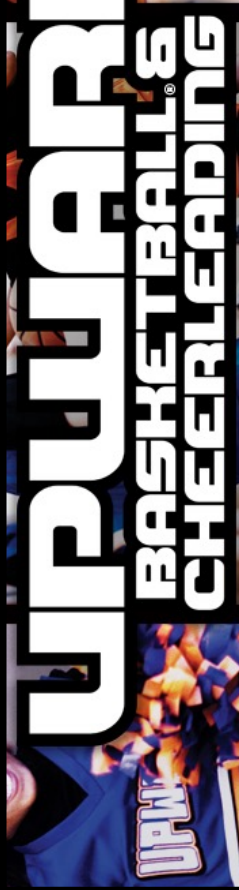


**UPWARD**  
**BASKETBALLS**  
**CHEERLEADING**



January 6 January 7	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Ball Toss Challenge	5 min Warm up 10min Stretch	15 min Fundamentals	10 min Motion Drill 1 10 min Take it to the Hoop	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome/ Rules	5 min Jumping (Team/ parachute)	10 min <b>Footwork</b> Red/Green Light	10 min <b>Ball Handling</b> Vision Tag Partner Vision Dribbling	15 min <b>Shooting</b> Over Giant Basket Form
<b>LEVEL 2</b> Grades 1-2 T: 6pm			10 min <b>Footwork</b> Ready Positions Pivots	10 min <b>Ball Handling</b> Mirror Ball Handling Stationary No Dribble Stationary Dribble	15 min <b>Shooting</b> Partner Form Shooting Basketball Form Shooting
<b>LEVEL 3</b> Grades 3-4 M: 6pm			10 min <b>Footwork</b> Red/Green Light	10 min <b>Ball Handling</b> Vision Tag Partner Vision Tag	15min <b>Teach Shooting</b> Over the Giant Partner Form Shooting Basketball Form Shooting
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome/ Rules	5 min Jumping (Team/ parachute)	10 min <b>Footwork</b> Red/Green Light Pivots	10 min <b>Ball Handling</b> Vision Tag Partner Vision Dribbling Stationary Dribble/No Dribble	15 min <b>Shooting</b> Partner Form Shooting Basketball Form Shooting Over the Giant
<b>Devotions</b>	Introduce UPWARD values/awards <b>Cheer:</b> Effort, Spirit, Cheers, Leadership and Christlikeness <b>Basketball:</b> Effort, Sportsmanship, Offense, Defense and Christlikeness				
<b>Saturday January 11</b>	<b>9am-11am Open Gym</b>				

# WEEK TWO



# UPWARD

## BASKETBALLS CHEERLEADING

January 13 January 14	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min "Coach Says"	10 min Motion Drill 1 5 min Stretching	10 min Fundamentals	10 min Motion Drill 1 10 min Go Gold	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Passing Teach: Traveling	5 min Team Jump 5 min Red/Green Footwork	<b>Shooting</b> 10 min Over Giant Basket Form	<b>Pass/Receive</b> 10 min Partner Passing Under the Bridge	<b>Shooting Skills</b> 10 min Basketball Form Assist Drill
<b>LEVEL 2</b> Grades 1-2 T: 6pm	5 min Welcome  Teach: Traveling	5 min Team Jump  Parachute Jumps into Pivots	<b>Footwork</b> 10 min Red/Green Light	<b>Pass/Receive</b> 10 min Target/Control Hands Two Hand bounce pass One Hand push bounce	<b>Shooting Skills</b> 10 min Two Line Shooting Two Line Assist
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Team Jump Red/Green Light	<b>Shooting</b> 10 min Over the Giant Shooting Basket Form	<b>Pass/Receive</b> 10 min Partner Passing Under the bridge	<b>Shooting Skills</b> 10 min Two Line: Basket Two Line: Assist
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Teach: Passing Traveling	5 min Jumping (Team/ parachute into pivot)	<b>Shooting</b> 10 min Over the Giant Shooting Basket Form	<b>Pass/Receive</b> 10 min Target/Control Hands Two Hand bounce pass One Hand push bounce	<b>Shooting Skills</b> 10 min Two Line: Basket Two Line: Assist
<b>Devotions</b>	Commitment 1 "Training the body has some value, but being godly had value in every way. Both for today and life to come"				
<b>Saturday</b> January 18	9am-11am Open Gym			<b>*Sean in FL on mission trip</b>	

# WEEK THREE



# UPWARD

## BASKETBALLS CHEERLEADING



January 20 January 21	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Tic Tac Toe	5 min Captain Coming  10min Stretch	5 min Drills 1 2 10min Jump Form	10 min Pass the ball 10 min Spark	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Rebound/ Transition Double Dribble	5 min Red/Green Light (w/w-out ball)	<b>Pass/Receive</b> 10 min Bounce Pass Hot Potato Passing	<b>Shooting Skills</b> 10 min Two Line - Assist Drill Two Line - Off Dribble	<b>Transition Skills</b> 10 min Defense to offense Building transition
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Red/Green Light (w/w-out ball)	<b>Pass/Receive</b> 10 min Bounce Pass Hot Potato Passing	<b>Shooting Skills</b> 10 min Two Line - Assist Drill Two Line - Off Dribble	<b>Transition Skills</b> 10 min Defense to offense Building transition
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Partner Vision	5 min Circle Passing	<b>Shooting Skills</b> 10 min Two Line - Basket Form Two Line - Assist Drill	15 min Team around the World
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Rebound/ Transition Double Dribble	5 min Red/Green Light (w/w-out ball)	<b>Pass/Receive</b> 10 min Bounce Pass Hot Potato Passing Circle passing	<b>Shooting Skills</b> 10 min Two Line - Assist Drill Two Line - Off Dribble	<b>Transition Skills</b> 10 min Defense to offense Building transition Team around the World
<b>Devotions</b>	<b>Commitment 2</b> <p style="text-align: center;">“Training the body has some value, but being godly had value in every way. Both for today and life to come”</p>				
<b>Saturday</b> <b>January 25</b>	<b>9am-11am Open Gym</b>				

# WEEK FOUR



# UPWARD

## BASKETBALLS CHEERLEADING



January 27 January 28	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Welcome Line	5 min Music Warm Up 5 min Stretch	5 min Review Previous 5 min Tuck Jump	10 min We are 10 min Spark	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Man to Man Defense	5 min Defensive Wave Drill	<b>Pass Skill</b> 10 min Partner Passing Under the Bridge	<b>Shooting Skills</b> 10 min Two Line Shooting Basket Form Assist Drill	Scrimmage
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Dribble Tag	<b>Shooting Skill</b> 10 min Two Line Shooting	<b>Transition Skills</b> 10 min Rebound/Outlet Drill 5 v 0 Transition	Scrimmage
<b>LEVEL 3</b> Grades 3-4 M: 6pm		8 min Defensive Wave Drill	<b>Shooting Skill</b> 7 min Under the Bridge	<b>Shooting Skills</b> 10 min Two Line - Basket Form Two Line - Assist Drill	Scrimmage
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Rebound/ Transition Double Dribble	8 min Defensive Wave Drill	<b>Shooting Skill</b> 7 min Under the Bridge	<b>Shooting Skills</b> 10 min Two Line - Assist Drill Two Line - Off Dribble	Scrimmage
<b>Devotions</b>	<b>Commitment 3</b> <p style="text-align: center;">“Training the body has some value, but being godly had value in every way. Both for today and life to come”</p>				
<b>Saturday February 1</b>	<b>8am Games 1 &amp; 2</b>		<b>9am Games 3 &amp; 4</b>		

# WEEK FIVE



# UPWARD

BASKETBALLS  
CHEERLEADING



February 3 February 4	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Shoe Game	5 min Music Drill 1/2 5 min Stretch	5 min Review Cheers 5 min Toe Touch	10 min Take it to the hoop 10 min Formation Change	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Holding Blocking	5 min Defensive Wave Drill	<b>Pass Skill</b> 10 min Partner Vision Dribbling	<b>Shooting Skills</b> 10 min Team around the World	Scrimmage
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Defensive Zig-Zag	<b>Defensive Skill</b> 10 min 2 vs 2 Half Court Drill	<b>Shooting Skills</b> 10 min Two Line Shooting Basket Form Assist Drill	Scrimmage
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Defensive Wave Drill	<b>Ball Handling</b> 10 min Partner Vision Dribbling	10 min Team around the World	Scrimmage alt: relays (team/w/wo ball)
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Teach: Holding Blocking	8 min Defensive Wave Zig Zag Drill	<b>Pass Skill</b> 10 min Partner Vision Dribbling	<b>Shooting Skills</b> 10 min Team around the World	Scrimmage alt: relays (team/w/wo ball)
<b>Devotions</b>	Self Control 1 "A person without self-control is like a city whose walls are broken through." Pr 25:28				
<b>Saturday February 8</b>	8am Games 1 & 2		9am Games 3 & 4		

# WEEK SIX



**UPWARD**  
**BASKETBALLS**  
**CHEERLEADING**

February 10 February 11	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Blanket Game	5 min Music or Captain 5 min Stretch	5 min Review Cheers 5 min Formation Change	10 min OFFENSE 10 min Voice Projection	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Hand Checking Pushing	5 min Red/Green Light Footwork	<b>Combo Skill</b> 10 min Build Transition 2 vs 0	<b>Shooting Skills</b> 10 min 2 vs 2 Half-Court	Scrimmage
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Stationary Ball Handling	<b>Shooting Skills</b> 5 min Half Court 2 pass Lay up	<b>Shooting Skills</b> 10 min Two Line - Assist Drill 2 vs 2 Half-Court	Scrimmage
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Red/ Green Light	<b>Combo Skills</b> 10 min Building Transition 2 vs 0	<b>Shooting Skills</b> 10 min 2 vs 2 Half-Court	Scrimmage
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Hand Checking Pushing	5 min Stationary Ball Handling	<b>Combo Skills</b> 10 min Building Transition 2 vs 0	<b>Shooting Skills</b> 10 min Two Line - Assist Drill 2 vs 2 Half-Court	Scrimmage
<b>Devotions</b>	Self Control 2 "A person without self-control is like a city whose walls are broken through." Pr 25:28				
<b>Saturday February 15</b>	<b>8am Games 1 &amp; 2      9am Games 3 &amp; 4</b>				



# WEEK SEVEN



# UPWARD

BASKETBALLS  
CHEERLEADING

February 17 February 18	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Welcome Line	5 min Cheer Circle	5 min Music Warm Up 5 min Stretch	5 min Review Cheers 5 min Formation Change	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Jump Ball	5 min Team Jump	10 min Circle Passing	<b>Shooting 10 min</b> Over Giant Basket Form	<b>Scrimmage</b>
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Team Jump Parachute Jump	10 min Baseline Shooting Drill	<b>Shooting 10 min</b> 3 vs 3 Half-Court	<b>Scrimmage</b>
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Team Jumps	10 min Circle Passing	10 min Over the Giant Basket Form Shooting	<b>Scrimmage</b> alt: 2 vs 2 Half-court
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Teach: Jump Ball	5 min Team Jump Parachute Jump	10 min Baseline Shooting Drill Circle Passing	<b>Shooting 10 min</b> Over Giant Basket Form 3 vs 3 Half Court	<b>Scrimmage</b> alt: 2 vs 2 Half-court
<b>Devotions</b>	Self Control 3 "A person without self-control is like a city whose walls are broken through." Pr 25:28				
<b>Saturday February 22</b>	<b>8am Games 1 &amp; 2</b>		<b>9am Games 3 &amp; 4</b>		

# WEEK EIGHT



# UPWARD

BASKETBALLS  
CHEERLEADING

February 24 February 25	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Human Knot	5 min Music Warm Up 5 min Stretch	5 min Review Cheers 5 min Crowd Involvement	10 min We won't give in 10 min Pom Routine	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome  <b>Teach:</b> Help Defense/ Fast Breaks	5 min Defensive Wave Drill	5 min Two Line Shooting 5 min Two Line Assist	10 min Building Transition 2 vs 0 & 2 vs 1	<b>Shooting Skills</b> 10 min 2 vs 2 Half-Court
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Red/ Green Light (w/w-out ball)	<b>Shooting</b> 10 min 3 vs 3 Half-Court	10 min Building Transition Concept Drill	<b>Scrimmage</b> w baseline shooting skill
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Defensive Wave Drill	<b>Shooting Skill</b> 10 min Two Line Shooting Basket Form / Assist	10 min Building Transition 2 vs 0 / 2 vs. 1	15 min: <b>Scrimmage</b> w 2 vs 2 Half-court
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome <b>Teach:</b> Help Defense/ Fast Breaks	5 min Defensive Wave Drill	<b>Shooting Skill</b> 10 min Two Line Shooting Basket Form / Assist	10 min Building Transition 2 vs 0 / 2 vs. 1	<b>Scrimmage</b> w baseline shooting skill and/or 2 vs 2 Half-court
<b>Devotions</b>	Joy 1 "Always be joyful because you belong the Lord. I'll way it again: be joyful." Phil. 4:4				
<b>Saturday</b> February 29	<b>8am Games 1 &amp; 2</b>		<b>9am Games 3 &amp; 4</b>		



# WEEK NINE



# UPWARD

BASKETBALLS  
CHEERLEADING



March 2 March 3	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Line Up Games	5 min Music Warm Up 5 min Stretch	5 min Review 5 min Fundamentals	10 min Get up 10 min Routine	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Palming	5 min Partner Vision Dribbling	10 min Rabbits and Wolves	<b>Shooting Skills 10 min</b> Team around the World	<b>Scrimmage</b> 2 vs 2 Half-Court
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Hot Potato Passing	<b>Shooting Skill</b> 10 min Two Line Shooting Lightning	<b>Shooting Skills 10 min</b> Team around the World	<b>Scrimmage</b> w Building Transition
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Partner Vision Dribbling	<b>Skill Development</b> 10 min Rabbits vs Wolves	<b>Shooting Skills 10 min</b> Team around the World	<b>15 min: Scrimmage</b> w 2 vs 2 Half-court
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Welcome Teach: Palming	5 min Hot Potato Passing	5 min Hot Potato Passing	<b>Shooting Skills</b> 10 min Team around the World	<b>Scrimmage</b> alt: 2 vs 2 Half-court w Building Transition
<b>Devotions</b>	Joy 2 "Always be joyful because you belong the Lord. I'll way it again: be joyful." Phil. 4:4				
<b>Saturday March 7</b>	<b>8am Games 1 &amp; 2</b>		<b>9am Games 3 &amp; 4</b>		

# WEEK TEN



# UPWARD BASKETBALLS CHEERLEADING

March 9 March 10	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>CHEER</b> M: 6pm T: 5pm	5 min Welcome game	5 min Music Warm Up 5 min Stretch	5 min Review 5 min Fundamentals	10 min Let's go 10 min Award Routine	
<b>LEVEL 1</b> PreK-K T: 6pm	5 min Welcome Teach: Help Defense Picks/ Screens	10 min Circle Passing	10 min Team Relays	5 min Review 5 min Fundamentals	Scrimmage
<b>LEVEL 2</b> Grades 1-2 T: 6pm		5 min Dribble Tag	10 min Who's Open drill	10 min Team Relays	Scrimmage w/or 3 vs 3 Half-Court
<b>LEVEL 3</b> Grades 3-4 M: 6pm		5 min Defensive Wave Drill	10 min Team Relays	10 min Team Relays	Scrimmage Team Around the World
	Welcome	Warm Up	Work Out 1	Work Out 2	Work Out 3
<b>All Access</b> M: 5pm T: 5pm	5 min Teach: Help Defense Picks/ Screens	5 min Circle Passing Dribble Tag	10 min Who's Open Drill	10 min Team Relays	Scrimmage w/or 3 vs 3 Half-Court Team around the world
<b>Devotions</b>	Joy 3 "Always be joyful because you belong the Lord. I'll way it again: be joyful." Phil. 4:4				
<b>Saturday March 14</b>	8am Games 1 & 2		9am Games 3 & 4		