

The Executive Function Basketball Ten-week Program

Local in Tampa, Florida, USA

For remote options and additional information, contact Coach Lou at xfbasketball@gmail.com

Week	Subject and On-court activity	Assessment
1	Before session 1: read Chapter 1, Ball Control; Assess current status (EF and B); Think about / define Goals; Craft a draft plan; Metacognition (How we will think about the journey) Initiate activities; Begin ball control Plan for session 2;	
2	Before session 2, read Chapter 2, Scoring 1-27; Finalize the plan, the strategy, the methodology, Anticipate obstacles; Set program goals; will the timing work? Continue ball-control activities; Begin scoring training; EF discussion: the value of following directions;	
3	Before session 3, read Chapter 3, Never Pass the Ball Review the plan, strategy, & methodology; Ball control activities; Scoring activities; Passing activities; EF discussion: managing time, getting organized, staying organized	
4	Before session 4, read Chapter 4, Footwork 1, 2, 3, 4 Ball control activities; Scoring activities; Footwork focus; Traveling discussion; EF discussion: Retaining complex information, Working Memory;	

5	<p>Before session 5, read Chapters 5 and 6, Game Speed and Vision; Mid-program progress review versus goals; Discussion about resetting goals; Ball control activities; Scoring activities: Game speed and vision focus; EF discussion: impulse control, resisting distractions, handling frustration</p>	
6	<p>Before session 6, read Chapter 7, Getting Open 1, 2, 3, 4 Ball control activities; Scoring activities; Getting open focus; EF discussion: creative thinking, new ideas, problem solving, analysis;</p>	
7	<p>Before session 7, read Chapter 8, Deception; Ball control activities; Scoring activities; Deception focus; EF discussion: decision making</p>	
8	<p>Before session 8, read Chapter 9, Turnovers; Ball control activities; Scoring activities; Turnovers focus; EF discussion: Communication, Self-advocacy, and the value of maintaining relationships;</p>	
9	<p>Before session 9, read Chapter 10, Offensive Rebounds; Ball control activities; Scoring activities; Offensive rebounds focus; EF discussion: Am I demonstrating my values? Are we on path to achieve our goals?</p>	
10	<p>Before session 10, read Chapter 11, Finishing; Ball control activities; Scoring activities; Finishing focus; EF discussion: Understanding cause and effect, reflect and review, link past-present-future, Learn from mistakes, think about what's next!</p>	
<p>Evaluation: Goal achievement assessment, lessons learned, student assessment of the program.</p>		