

Facilitation Plan Template

***Note: All elements in this template are required unless marked as Optional.**

Title: NBA Draft Combine

Leaders: Ahmad Muhammad

of participants: 30 Invited Recruited Players

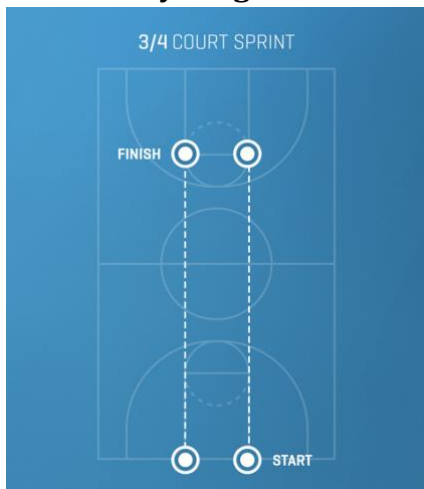
Ages: Young Adulthood (18-25)

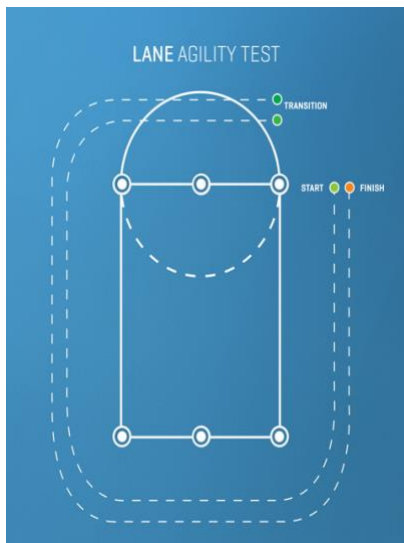
Theme: NBA Draft Combine

Ideal Location: Inside a Gym

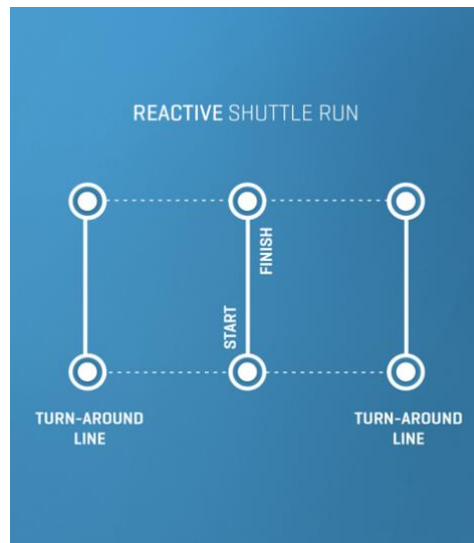
Equipment: 10 Basketball's
5 Stop Watches
1 Shot Clock
30 Jerseys
30 Mouth Pieces
12 Cones
Measuring Stick
Two Basketball Rims
First Aid Kit
Water
Gatorade
Camera Monitors 6

Pre-Activity Diagram:For the activity #1 “ $\frac{3}{4}$ Court Sprints”





Activity # 2 Lane Agility Test.



Activity # 3 Reactive Shuttle Run

Goal & Objectives:

1. The goal of this facilitation is for participants “players” to earn a spot on a NBA Team. Their Competitive nature skills will be expressed through competing in 3 Activities. These skills test for speed and agility of each participant “player”.
- 2.) By the end of this facilitation, the participants will be able to know rather they have earned a spot on a NBA roster.. Also, by completing activities such as the Lane Agility Test that allows talent scouts, coaches and the fans to see a player sprint, slide, shuffle and back pedal, whilst maintaining a squared body position.

Risk Management: Concerns:

- 1.) A possible risk is that participants may feel intimidated displaying their talents and weaknesses with other Participants “players”. This could particularly happen if the players are allowed out while another participant is going through the activity at the moment. . A way to manage this risk would be to explain to participants to keep in mind that this could potentially effect others knowing each other’s times and speed rates. Another way to manage this risk is by having participants turn away if some one feels uncomfortable going through the facilitation with eyes on them. open to all ideas and to make sure that groups are given enough time to let all participants answer if they feel comfortable. Another way to manage this risk is to let participants pick their own teams so that they are able to work with people they are comfortable with.
- 2.) A possible risk is that participants might become extremely tired throughout the facilitation. This could particularly happen when participants get involved in running and sliding down the court. A great way to manage this risk is by keeping lots of towels, water, Gatorade and nutrient bars to ensure that everyone’s fatigue level is accounted for. Another way to manage this risk, is by setting up breaks in between the activity’s to allow for decompressing.

Length	Facilitation Portion	Description		Lead
1 Minute	Facilitation Attention Getter	Welcome to this years 2020 NBA Draft, where you as players and participants will display your talents in front of scouted coaches and sports teams.	Gregg Popovich	Gregg Popovich
2 minutes	Facilitation Introduction (least 1 required)	Hello to all Athlete participants ! My name is Ahmad Muhammad, and I am here with, the five time Champion and All -time great Coach Gregg Popovich . We have both been recruiting for that next big star to join the ranks and become apart of the NBA. Today, we will be looking to find the best prospects by testing each participant "player" speed and agility. Your goal as players is to work as hard if not harder than the person next to you. To ensure a spot in this years NBA Draft. The Players whom dominate in there performance shall see a spot on a NBA roster.	Ahmad Muhammad	Ahmad Muhammad
3 Minutes	Group Division (at least 1 required)	Instructions for facilitator to complete/set up prior to facilitation: As Players walk into the gym , I Will hand them a card with a number from 1-30 along with a Jersey, towel, Gatorade, and Nutrition bar. Script: Today Is the day you show why you all belong in the league! Now I want all of the players to turn their card over to see what you have! You may now line up in order from 1 to 30, then split up into two groups of 15. These 15 players will go against each other throughout these activities. While another group goes against each other in a group of 15. After splitting up you can get ready and prepared to start the Activity. Mouth pieces are right on the table by the door of the gym. Any Questions, Comments, concerns ? Ok, go ahead and get ready!	Gregg Popovich	Gregg Popovich
15 Minute	Icebreaker	Name of activity: Machine Gun Instructions for facilitator to complete/set up prior to facilitation: Spread the entire court out make sure everything is completely off the court. Script: Okay listen up! I need those two groups of 15 to line up and spread out shoulder width apart. I want everyone in a defensive stance. In this league defense wins championships and we want nothing but the best defenders. As I point in the direction I want you to move and shuffle your feet in that direction, while maintaining a defensive stance. The goal of this Activity is to become more aware on the defensive end of the basketball. This drill will continue until the shot clock buzzes. Don't worry about being too perfect, this is just a way to get warmed up and focused on completing the	Ahmad Muhammad	Ahmad Muhammad

		activity. Anyone have any questions? Ok, Let's Get It Going!!		
20 Minutes	Activity (More than 1 required)	Name of Activity: $\frac{3}{4}$ Court Sprint Instructions for facilitator to complete / set up prior to facilitation: Clear the Court Script: Prospects and Future prospects! We are now ready to start our first Activity called the $\frac{3}{4}$ Court Sprint. By the show of hands whose done the $\frac{3}{4}$ Court sprint before ? Yes, Great ! You are all familiar with this drill some form some way. Both group of 15 will compete against each other based on trial runs. Whichever player has the fastest time wins this activity. A players maximum speed can be a key advantage when it comes to draft selection. For a larger player like a center or a forward , maximum speed is an uncommon trait to have. For a small to medium player like a point guard speed is absolutely essential. The $\frac{3}{4}$ Court Sprint involves a player sprinting for a 75ft distance. The main goal of this activity is to ultimately run your fastest time given three trial runs. While competitively breaking other players run times. My partner Gregg will write down everyone's official time. Any questions? Good Let's get it going! Variation: The Top Two Speedsters face off for a chance to win a 500 dollar prize. Winner takes all.	Ahmad Muhammad	Muh
1 minute	Transition (Required between each facilitation section)	Great Job Everyone! All of the great talent that was displayed throughout this first event had been nothing but amazing. You all were very competitive. Now let's see if you all are able to keep up that competitiveness in this next activity.	Gregg Popovich	Greg Pop
20 Minutes	Activity #2)	Name of activity: Lane Agility Test Instructions for facilitator to complete/set up prior to facilitation: Setup 6 Orange Cones Around The Free throw line as shown above in activity 2. Set up monitored speed cameras at half court and around each sides of the court. Script: Alright! All players gather around! Our next activity involves more skill Both offensively and defensively it is important that players have the ability to change direction, react quickly and control their body position. The Lane Agility drill allows talent scouts, coaches and the fans to see a player sprint, slide, shuffle and back pedal, whilst maintaining a squared body position. The drill is setup in rectangular shape. As the last activity I want two groups of 15 lined up to compete next to each other and determine who has the fastest time. The Top 5 Players based on their	Greg Popovich	Greg Pop

		times will face off against each other for a chance to receive a 10-day contract from a NBA team. Any Qs? Variation: I would change the length of the contract by 1 year. Also the player with the fastest time only receives this.		
2 minutes	Transition	Great Job ! I've seen nothing but effort all day from you guys. You've guys really came out here and gave it your all to secure a spot on one of these NBA Teams. You all deserve to be somewhere with the hard work and competitiveness I've witnessed today.	Gregg Popovich	
7 minutes	Debrief	Did you enjoy the activities? Why? What was your favorite activity? What activity brought out your competitive edge the most? Do you think being competitive is important? What are some things that can cause a Participant (player) to lack competitiveness? How can you utilize your competitive nature in a way that it effects your game ?	Gregg Popovich Ahmad Muhammad	
2 Minutes	Conclusion	Gregg and I are very happy with the good work you all have done here today. You are all worthy of a Contract with a NBA team. ! However, we will review all of the numbers and call you guys if you have been selected by an NBA roster. Today we utilized our competitive drive to push each other to be great. Remember that being competitive and dominating isn't negative. I hope you all saw today that creating a competitive vibe it can result in better performance. That just about ends our time here together. We hope you all had enjoyed showing off your talents in front of Coaching staff and Scouts of NBA teams. Remember Competitive drive builds talent ! Have a goodnight!	Ahmad Muhammad Gregg Popovich	
	Back Pocket Activity	Name of Activity: : Reactive Shuttle Run Instructions for facilitator to complete/set up prior to facilitation: Setup 9 orange Cones and cameras across the court. Two cones at half court and two cones on each side of both baselines. Script: All Players Gather Around!! Ive liked what I've seen today thus far but we're gonna spice things up a bit we're going to do a drill called Reactive Shuttle Run. Both offensively and defensively it is important that players have the ability to change direction, react quickly and control their body position. The Reactive Shuttle Run tests a players change of direction, speed from a static position, body control and reaction time. I want 2 groups of 15 same as earlier. However these 15 team up and go up against another group of 15. The group with the fastest times wins. Any Questions? Great! Lets get to it!	Ahmad Muhammad	

		Variation: Let the Participants pick there own teams and attempt to see if they could assemble the fastest team.		
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Resources: List all of the sources you used to create your facilitation plan in alphabetical order, following APA 6th edition format.

<https://www.fusionsport.com/blog/the-technology-behind-combine-testing-2018-nba-draft-combine/>

<https://memoori.com/competitive-nature-sports-can-fine-tune-abilities-iot-buildings/>