



Mega Hoops Program

An Introduction to Canadian Sport for Life

Over the past decade, sport science experts have collected a wealth of research on how to create a sporting pathway that leads to both higher achievement in sport and greater health for the nation. This movement has come to be known as Canadian Sport for Life (CS4L). What they have found is a clear – children who are taught the right things at the right times are not only more likely to remain active later in life, but are more likely to reach their sporting potential. This is the logic behind the Long-Term Athlete Development model (LTAD) and the basis for Ontario Basketball's Mega Hoops Program.

Just as children are taught to read and write, they must learn to be physically literate –to move with competence and confidence in a wide range of physical activities and environments. Physically literate children possess the basic skills to be active for life, as well as the capacity to develop a strong athletic foundation necessary for elite training and performance later in life.

It is recommended that basketball programs for children under the age of 12 place a greater emphasis on developing fundamental movement skills – running, jumping, sliding, pivoting, balancing etc. – than on teaching tactics and strategy (offensive sets, zone defences, screens, etc.). Many of these skills can be practiced and obtained by playing a variety of sports at a young age, and children under the age of 12 should be encouraged to explore and participate in a variety of activities. In short, great athletes make even better basketball players.

Ontario Basketball has been working closely with Canada Basketball and leading experts in the field of sport science and healthy child development to ensure that our programs align with the principles of LTAD and are providing the best possible sporting experience to our members. Enclosed you will find 10 ready-made, fun-filled practice plans developed by Ontario Basketball with Canadian Sport for Life principles in mind.

For more information about the Mega Hoops curriculum, training opportunities for coaches, or how to bring the Mega Hoops program into your school or community group, please contact Melanie Belore, Ontario Basketball's Coordinator of Community Development at mbelore@basketball.on.ca,



Mega Hoops Active Start (ages 0-6)

The goal at this stage of development is to learn fundamental movements and link them with play. Children require at least 60 minutes of both structured and unstructured physical activity to grow and develop each day. The emphasis of programming should be on providing an opportunity to explore a wide variety of movements in order to improve basic skills such as running, jumping, twisting, wheeling, kicking, throwing and catching. These motor skills are the building blocks for more complex movements and must be mastered in order to be successful in sport later on. It is *highly* recommended to avoid specialization in one sport, or imposing adult organized basketball at this stage of development.

Ontario Basketball recommends that Mega Hoop's 10 Active Start lesson plans be incorporated into a multi-sport approach. The use of modified games has been shown to be a better tool for development than traditional 5-on-5 basketball as it allows for the proper teaching of movement and spacing concepts, as well as greater involvement in the game (touches on the ball, number of shots etc.) for each player, leading to greater feelings of competence and enjoyment.

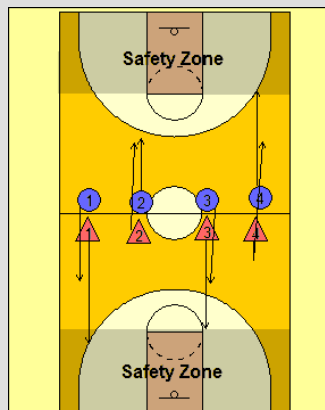


MEGA HOOPS: ACTIVE START
LESSON 1
Focus: Running & Jumping

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Sharks and Minnows Select 2 participants to be the sharks. All remaining participants (minnows) line up across a baseline. The sharks will start at the halfway point facing opposite direction. To start the round have the sharks call out "IT'S LUNCH TIME!" Participants must attempt to get from one baseline to the other without getting caught (lightly tapped). When a minnow is caught they sit down to add obstacles for the remaining participants.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements Have participants line-up on the sideline and practice the following jumps 1) star jumps 2) pencil jumps 3) tuck jumps 4) 180 jumps. Instruct athletes to land as quietly as they can.</p> <p>Stop-and-Go Players line up on the baseline. On the coach's signal, players will either run or stop down the length of the court. Emphasize heads-up running and landing on two feet with balance and control in the "grizzle bear" stance (elbows over knees, butt down and back straight with a grizzly bear growl for good measure).</p>
20 mins	Fundamental Basketball Skill Development	<p>Rock, Paper Scissors Acceleration Tag Participants pair up and line up on opposite sides of the centre line in a low, athletic stance (knees bent, hips back, butt down). The pair plays a game of rock-paper-scissors. The loser must sprint away from the winner and attempt to cross the foul line into the "safe zone" before being tagged.</p>



MEGA HOOPS: ACTIVE START
LESSON 1
Focus: Running & Jumping



Bean Bag Relay

*If possible, lower the nets to an age-appropriate height.
 Alternative: Use a hula hoop as a target to 'shoot' into.*

Begin with all of the beanbags in the center circle. Divide the group into two teams, one at each end of the court with a ball. Place a hula hoop next to each group. On the coach's signal, the first player in each line turns to score a basket, runs to half court to retrieve a beanbag, and returns it to their team's hula hoop. The next player in line then goes, and so on and so forth. Participants keep scoring baskets until all of the beanbags in the middle are gone. (If the game is moving slowly, allow 2-3 participants from each team to go at one time).

5 mins	Cool down & Debrief	Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i>
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MEGA HOOPS: ACTIVE START
LESSON 2
Focus: Throwing & Catching

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Freeze Tag Select 2 participants to be "It". All other participants scatter around the play area. On the coach's signal, the "It" students move around the play area attempting to lightly tap the other participants. When a participant is tapped they must stand in the position they were tagged and become "frozen". A participant may become unfrozen by having another participant still in the game "high five" them. Once a frozen participant has been unfrozen he/she may re-enter the game. Switch who is "It" after 2-3 minutes.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements- Red, Blue, One, Two Participants line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. side-to-sideSki jumps) and then when coach yells "Red" or "Blue" the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember red and blue.</p> <p>Beanbag Toss Have participants pair up in groups of 2. Each group has a beanbag (or other object such as rubber chicken, ball, dice etc.) Partners start close together – about a foot apart – and make a pass. If the other partner successfully catches the pass, that partner takes a step back. If the pass is unsuccessful, the partner takes a step closer together. The game continues until the majority of partners are making passes the width of the gym.</p>



MEGA HOOPS: ACTIVE START

LESSON 2

Focus: Throwing & Catching

20 mins	Fundamental Basketball Skill Development	<p>Toss-Clap-Catch</p> <p>Have players start in a scatter formation around the court. Players toss the ball in the air and attempt to catch it. Next, have the players clap and catch the ball – make it a personal challenge, “How many claps can you make and still catch the ball?”</p> <p>Next, players make a circle with the coach in the middle. The coach will pass the ball to players around in a circle saying either ‘clap’ or ‘catch’/ Players must do the OPPOSITE of what the coach says (i.e. if the coach says ‘catch’, players must clap before catching the ball, and vice versa). If a player makes a mistake, he/she has a seat in the circle until the next round.</p> <p>Kangaroo Hop</p> <p>Divide participants up into groups of 2 or 3. Have groups line up one behind the other with one ball per group. The first participant in line begins to two-foot hop their way to the other side of the space holding onto their ball in their “pouch” or at stomach height. Once they reach the opposite side of the space, they must throw the ball in the air, clap their hands, and catch the ball again – before hopping back and giving the ball to the next student in line.</p> <p>LOAD 1: Increase the number of claps participants must complete.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 3
Focus: Passing I

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Line Tag Ask for participants to volunteer to be 'It'. Everyone can only travel on the lines of the floor. The participants who is 'It' is trying to tag those who are not 'It' and when they do tag a student, that student freezes and blocks that line from being travelled until another participant goes through their legs to 'unfreeze' them. As participants are moving around the space, the coach calls out various movements (forward, backwards, skip, shuffle sideways, hopping etc.) and students must move along the lines accordingly.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements - Wall Passing Game In partners or groups of 3, first person in line bounce-passes the ball to the wall and then moves out of the way while his/her partner grabs the ball and does the same – the game continues.</p> <p>Bulls Eye Each participant needs a partner. Use larger groups if equipment is limited. Each pair/group has a ball. Pass the ball between partners/group members ONLY if hands are up at chest level height forming a target. If target is not up, a pass cannot be made.</p> <p>LOAD 1: Demonstrate and practice with bounce passes.</p>
20 mins	Fundamental Basketball Skill Development	<p>Simon Says Have participants partner up with one ball between the pair. The coach will give a series of instructions. If the instructions are preceded by the phrase "Simon says", the participants</p>



MEGA HOOPS: ACTIVE START
LESSON 3
Focus: Passing I

		<p>must perform the action. If the instructions are not preceded by the phrase “Simon says”, but the participants do the action anyways, they must take a seat on the floor until the next round.</p> <p><i>Simon says...</i></p> <ul style="list-style-type: none"> -show a target -chest pass -bounce pass -step in to the pass -switch places with your partner -take a step back -take a step forward <p>Line Pass Relay Divide participants into teams. Each team has a ball and breaks in half to form 2 lines, 3 big steps apart, facing each other. The first player with the ball passes to the player at the start of the other line and goes to the back of his/her line. The player who just received the pass passes to the next teammate at the start of the opposite line and so on and so forth. Instruct participants to show a target with their hands, and to step into their passes.</p> <p>LOAD 1: First team to ‘X’ number of passes wins. Players must count out loud.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say “GOOD JOB”! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 4
Focus: Ball Handling I

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>What Time Is It Coach?</p> <p>Select a coach or participant to be the 'Coach'. Have all remaining participants line up on the baseline facing the play area. The Coach should stand on the opposite side of the play area facing away from the other participants. When everyone is ready, the participants call out "What time is it Coach!!?" Using numbers 1-10, the Coach will respond "its __o'clock!" Participants are to move towards the other side only stepping/ hopping/ sliding/ skipping the number of steps said by the Coach. When the Coach feels the participants are close enough to tag, he/she should respond, "It's Game Time!!" then turns and attempts to catch as many participants as possible. Once a participant is caught, they too become a 'Coach' and attempt to tag others. Last participant tagged becomes the next 'Coach'.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements - Follow the Leader</p> <p>Every participant has a ball, including the coach. The coach moves the ball on the tips of the fingers, up, down, side to side, out far, in close, around body parts etc. Have students follow the actions.</p> <p>LOAD 1: Have students close their eyes and perform movements</p> <p>LOAD 2: Progress to dribbling around the playing area (dribble high, dribble low, skipping, running, walking, right/left hand)</p>



MEGA HOOPS: ACTIVE START
LESSON 4
Focus: Ball Handling I

		<p>High Five Dribbling Everyone, including coaches, are dribbling around court – when you pass by someone, you give them a high five. Encourage participants to dribble with their eyes up, keeping the ball in their outside hand.</p>
20 mins	Fundamental Basketball Skill Development	<p>Obstacle Course Place pylons the length of the gym making a zig-zag course (make 2-3 lines depending on the number of participants). The first player in each line navigates the course, working on keeping the basketball in his/her outside hand around each pylon. At the end of the course, the player attempts a shot, gets his/her rebound, and returns around the outside of the court to a new line.</p> <p>Relay Races Divide the group up into teams of equal number and ability. Have participants line up in their respective teams along the baseline. On the coach's signal, the first player in line must dribble as fast as he/she can to the other end of the court and back again. The player then hands off the basketball to the next teammate in line, and so on. The first team to have all their players complete the relay, wins. Make it fun by requiring all team members to perform a task at the end of the relay before their team can win (i.e. have the team sit down, lay down, high-five, stand back-to-back, do a dance, etc.)</p> <p>LOAD 1: Change the type of relay activity each time i.e. walking, running, hopping, crab crawl, backwards, sideways, over-under etc.)</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 5
Focus: Shooting I

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Ladder Run</p> <p>Have the participants get into pairs. Line them up the length of the space, partners facing each other. Have partners sit down and extend their legs in front of them so their feet touch. Number each pair. Call numbers randomly. When a pair hears their number called, both participants get up, run and jump over the outstretched legs of their fellow participants in the same direction, run back up the side in which they were sitting, over the remaining legs and sit back down in place.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements</p> <p>Have participants line-up on the sideline and practice the following jumps 1) star jumps 2) pencil jumps 3) tuck jumps 4) 180 jumps. Instruct athletes to land as quietly as they can.</p> <p>Rainbow</p> <p>Participants get into partners and stand 5 steps away from one another. Each pair has a ball. Show athletes proper technique for gripping the ball. Partners 'shoot' back and forth trying to create a 'rainbow' in the air. Emphasize the ball making an arc in the air.</p> <p>LOAD 1: Increase the distance between partners.</p> <p>LOAD 3: Place a hula hoop on the floor as a target, and have participants aim for it.</p>



MEGA HOOPS: ACTIVE START

LESSON 5

Focus: Shooting I

20 mins	Fundamental Basketball Skill Development	<p><i>**If possible, lower baskets to an age appropriate height for all drills.</i></p> <p>Frog Shooting The purpose of this drill is simply to develop power from the legs, and teach children proper shooting form. Have each participant find a spot along the three-point line arc with a ball. Demonstrate the following steps of 'frog shooting':</p> <ol style="list-style-type: none">1) Perform a squat, place ten fingers on the ball.2) Raise the ball to the forehead, keeping the elbow bent at 90 degrees. The player should be able to look under the ball to see the target at release.3) Pushing up with the legs, release the ball straight up in the air following through with a "hand in the basket". <p>LOAD 1: Have players practice frog shooting at a basket.</p> <p>Five Basket Bonanza Divide the group up into at least two groups (if you have more than 2 baskets, more groups can be used). Each group stands in front of a basket. The first player in line has a ball and, on the coach's signal, shoots. The participant gets his/her own rebound, passes it to the next person in line and so on. The goal is to be the first team to get 5 baskets. Team must count baskets out loud as they are made.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 6
Focus: Defense I

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i></p> <p><i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i></p> <p><i>Flamingo—balance on one foot, reach down and touch floor with other hand</i></p> <p><i>Kangaroo—hopping on two feet</i></p> <p><i>Frog—squat down and explode out into a two foot jump</i></p> <p><i>Duck—walk in a crouched position. Keep the arms wing-like</i></p> <p><i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Zoo Keeper Tag</p> <p>Players are paired up according to their abilities, designating a 'Zoo Keeper' and an 'Animal' in each pair. Have all Zoo Keepers go to the center of the gym, face the center, and cover their eyes. The Animals "escape" by moving through space with a loco-motor movement you choose and try to avoid their partners. On the command "ZOOKEEPERS, FIND YOUR ANIMALS!" the zoo keepers open their eyes and then must locate and gently tag their partner to 'capture' them. Have partners switch roles and repeat an equal number of times. Choose different loco-motor movements i.e. walking, skipping, galloping, sliding, hopping (one foot), jumping (two feet), leaping etc.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements- Mirror Mirror</p> <p>Participants partner up. One participant starts as the leader. The leader moves around the space in various ways (either on their own or called out by a coach) – walk, giant steps, skip, on tip toes, shuffle, act like a cat, swim like a fish etc. The partner has to mirror what the leader does, trying to stay as close to the leader as possible. Switch roles.</p> <p>Knee Taps</p> <p>Participants partner up and face each other in the 'grizzly bear' stance, approximately one metre apart. The goal of the game is to attempt to lightly tap your partner's knee, without having your knee tapped. Switch partners.</p>



MEGA HOOPS: ACTIVE START

LESSON 6

Focus: Defense I

20 mins	Fundamental Basketball Skill Development	<p>Shake 'n Bake</p> <p>Participants partner up and line up in twos on the baseline. One partner begins as the 'offense' and the other as 'defense'. The offense's goal is to try and get to the other baseline, while the defense's goal is to keep his/her body in front of their partner. The offensive player will attempt to shimmy, shake and fake out his/her partner. If the offensive player gets by his/her partner, they must stop and let their partner catch up to resume the game.</p> <p>Rag Tag</p> <p>Insert a strip of cloth or a pinnie in each participant's shorts with one half sticking out. Staying within a designated playing area, players must run around and try to collect as many pieces of cloth as they can, without losing their own.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 7
Focus: Passing II

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i></p> <p><i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i></p> <p><i>Flamingo—balance on one foot, reach down and touch floor with other hand</i></p> <p><i>Kangaroo—hopping on two feet</i></p> <p><i>Frog—squat down and explode out into a two foot jump</i></p> <p><i>Duck—walk in a crouched position. Keep the arms wing-like</i></p> <p><i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Buddy Tag</p> <p>Each participant finds a partner and interlocks elbows (or hold hands). Select one group to be "It". All other groups scatter around the play area. The "It" group attempts to tag (lightly tap) the other groups. When a group is tagged, they join the "It" group by interlocking elbows and continue to help tag others. When there is only one group remaining, stop the game and have each group select a new partner.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements - Wall Passing Game</p> <p>In partners or groups of 3, first person in line bounce-passes the ball to the wall and then moves out of the way while his/her partner grabs the ball and does the same – the game continues.</p> <p>Double Time</p> <p>Participants get into groups of 4 (or 5+ if necessary). Each group has 2 balls. Have students form a square with 2 participants on the diagonal from each other start with a ball. Both pass to their right, simultaneously. Start with chest passes only – ball cannot touch the floor. Progress to: joining two groups together and have 4 balls going/allowing chest passes and bounce passes</p>
20 mins	Fundamental Basketball Skill Development	<p>Crocodile Passing</p> <p>The object of the game is to teach passing and catching while progressing towards the hoop. The floor is the water, which is filled with crocodiles who like to eat basketballs that hit the water! Spread out 2-3 players under a hoop with one ball. The player with the ball passes to someone and moves forward to</p>



MEGA HOOPS: ACTIVE START
LESSON 7
Focus: Passing II

		<p>an open spot. Whomever the ball was passed to needs to catch the ball without it hitting the floor (crocodiles are waiting). They then pass to a different teammate and moves forward. Keep passing until the team is close enough to the basket for someone to take a shot.</p> <p>LOAD 1: Use two basketballs.</p> <p>Hot Potato Divide the group into teams of 4-6. Have members of each team spread out in a straight line down the length of the court. Each team has four balls on the baseline. The object of the game is to see how quickly the four balls can be passed to the other end of the floor from one teammate to the next.</p> <p>LOAD 1: Pass down and back LOAD 2: Use different types of passes</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 8
Focus: Ball Handling II

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Ladder Run</p> <p>Have the participants get into pairs. Line them up the length of the space, partners facing each other. Have partners sit down and extend their legs in front of them so their feet touch. Number each pair. Call numbers randomly. When a pair hears their number called, both participants get up, run and jump over the outstretched legs of their fellow participants in the same direction, run back up the side in which they were sitting, over the remaining legs and sit back down in place.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements - Follow the Leader</p> <p>Every participant has a ball, including the coach. The coach moves the ball on the tips of the fingers, up, down, side to side, out far, in close, around body parts etc. Have students follow the actions.</p> <p>LOAD 1: Have students close their eyes and perform movements</p> <p>LOAD 2: Progress to dribbling around the playing area (dribble high, dribble low, skipping, running, walking, right/left hand)</p> <p>Heads Up!</p> <p>Participants scatter around the playing area in front of the coach. If possible, each participant has a ball (if not, partner up). On the coach's signal, participants dribble to the left, right, forward, backwards etc. Participants must keep their heads up to avoid colliding with their teammates and to see</p>



MEGA HOOPS: ACTIVE START
LESSON 8
Focus: Ball Handling II

		<p>which direction their coach is instructing them to move.</p> <p>LOAD 1: The coach points in various directions at a faster rate.</p> <p>LOAD 2: Coach holds up fingers and the participants have to call out how many fingers are in the air.</p>
20 mins	Fundamental Basketball Skill Development	<p>Partner Control Dribble Two players dribble within a designated area on the floor (bounded by lines or pylons), and try to steal each others' ball while maintaining their dribble.</p> <p>Dribble Tag All participants have a ball. Assign 2-3 players to be "It" — those players put their balls away. Those that are not "It" dribble around the space. The players that are "It" run around trying to lightly touch the students who are dribbling. When a dribbling player gets tagged, he/she must 'freeze' where they are touched. The frozen player can become unfrozen by getting a ball bounced in between their legs by the other dribblers. The ball that unfreezes them cannot be their own — another dribbler must unfreeze them.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle — everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 9
Focus: Shooting II

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Sharks and Minnows Select 2 participants to be the sharks. All remaining participants (minnows) line up across a baseline. The sharks will start at the halfway point facing opposite direction. To start the round have the sharks call out "IT'S LUNCH TIME!" Participants must attempt to get from one baseline to the other without getting caught (lightly tapped). When a minnow is caught they sit down to add obstacles for the remaining participants.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements Red, Blue, One Two – participants line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. side-to-side, Ski jumps) and then when coach yells "Red" or "Blue" the athletes run in that direction. Red is one way, blue is the other. You can add 1 and 2 if they can easily remember</p> <p>Form Shooting <i>Lower baskets to an age-appropriate height.</i> Players stand 2 to 5 feet from the basket and shoot perfect shots into the basket. Emphasize on perfect form and taking their time to take the shot – players must finish on their toes and hold their follow through. Challenge players to make a perfect swish (no rim or backboard). Review Frog Shooting if necessary (See Shooting I)</p>



MEGA HOOPS: ACTIVE START

LESSON 9

Focus: Shooting II

20 mins	Fundamental Basketball Skill Development	<p><i>**If possible, lower baskets to an age appropriate height for all drills.</i></p> <p>Partner Shooting Have participants partner up with one ball for each pair at a basket. The first player shoots the ball and retrieves his/her rebound. Working as a team, each group tries to score a designated number of baskets as called out by the coach. LOAD 1: First team to score 'X' number of baskets and run to the center circle wins. Other groups have to do a goofy 'punishment' (star jumps, knee tucks, animal walks etc.)</p> <p>Golf Create 4-5 "holes" around the gym (a hula hoop or 'X' to shoot at, with a pylon 5-10 feet away marking the line to shoot behind). Participants divide into groups and line up behind each pylon, with one ball at the start of each line. The first player shoots the ball at the target—if he/she misses the 'hole', they go to the end of the same line to try again. Once a player makes the 'hole', he/she moves onto the next line. Encourage proper shooting form. LOAD 1: Establish a points system (i.e. a make is 1 point, and a miss is minus 1 point). Have participants keep track of their makes and misses, or how many tries it takes for them to "get the ball in the hole".</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>



MEGA HOOPS: ACTIVE START
LESSON 10
Focus: Defense II

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Zoo Keeper Tag Players are paired up according to their abilities, designating a 'Zoo Keeper' and an 'Animal' in each pair. Have all Zoo Keepers go to the center of the gym, face the center, and cover their eyes. The Animals "escape" by moving through space with a loco-motor movement you choose and try to avoid their partners. On the command "ZOOKEEPERS, FIND YOUR ANIMALS!" the zoo keepers open their eyes and then must locate and gently tag their partner to 'capture' them. Have partners switch roles and repeat an equal number of times. Choose different loco-motor movements i.e. walking, skipping, galloping, sliding, hopping (one foot), jumping (two feet), leaping etc.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements- Mirror Mirror Participants partner up. One participant starts as the leader. The leader moves around the space in various ways (either on their own or called out by a coach) – walk, giant steps, skip, on tip toes, shuffle, act like a cat, swim like a fish etc. The partner has to mirror what the leader does, trying to stay as close to the leader as possible. Switch roles.</p> <p>Knee Taps Participants partner up and face each other in the 'grizzly bear' stance, approximately one metre apart. The goal of the game is to attempt to lightly tap your partner's knee, without having your knee tapped. Switch partners.</p>



MEGA HOOPS: ACTIVE START

LESSON 10

Focus: Defense II

20 mins	Fundamental Basketball Skill Development	<p>Pitter Patter</p> <p>Players scatter around the player area. On the coach's command of "Defense!" everybody slaps the floor and yells "Defense", assuming the grizzly bear stance. On the coach's signal, players perform a variety of movements:</p> <ul style="list-style-type: none">• "Pitter Patter!" – Players must run on the spot while remaining in their stance.• Point left/right – Player shuffle left/right.• Point up – Players jump in the air• Point forward/backwards – Players run forward/backwards <p>Zig Zags</p> <p>Participants line up at the corner of a baseline. In grizzly bear stance, players slide between the sideline and an imaginary line down the centre of the court. When players reach the side or centre line, they drop step, change direction, and begin to defensive slide again.</p> <p>LOAD 1: Players partner up, one offense and one defense. The offensive player runs in a zig-zag pattern down the court, and the defensive player keeps his/her partner in front of their body.</p>
5 mins	Cool down & Debrief	<p>Bring all athletes back to center circle – everyone sitting, eyes and ears on you. <i>What did you like? What did you learn? Did you do your best? Were you good listeners? Give someone next to you a high five - say "GOOD JOB"! See you next week.</i></p>