



## 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](mailto:mbelore@basketball.on.ca),



# Mega Hoops FUNdamentals

(ages 6-8 females, 6-9 males)

The goal at this stage of development is to teach fundamental movement skills through basketball in an enjoyable environment. The coach's primary goal should be to ensure that all players have a positive first exposure to the game and experience early success in the sport. The emphasis of practices should be on developing a strong athletic base, providing children with the necessary skills to reach their full physical potential later in life. Just as children are taught to read and write, they must learn to be physically literate – in other words, to develop the skills and confidence to move their bodies in a wide variety of physical activities. Running, jumping, throwing, agility, balance and coordination are all fundamental movement skills that should be mastered between the ages of 5 and 12, a crucial training window for developing physical literacy. Drills and games used at this stage should also be inclusive in nature, maximize participation, and emphasize skill mastery over competition.

Ontario Basketball recommends that Mega Hoop's 10 FUNdamental lesson plans be supplemented by the use of small-sided and modified games at this stage of development. 3-on-3 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 for each player (touches on the ball, number of shots etc.) ultimately leading to greater feelings of competence and enjoyment.

Canada Basketball recommends the following skills be taught at this stage of development:

*Taken from Canada Basketball Athlete Development Model, 2008.*

<b>Fundamental movement skills</b> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination (throwing &amp; catching)</li> <li>• Proper running technique –forwards, sideways &amp; backwards</li> <li>• Change of speed and direction</li> <li>• Jumping and landing</li> <li>• Starting and stopping Pivoting-front &amp; reverse</li> </ul>	<b>Fundamental basketball skills</b> <ul style="list-style-type: none"> <li>• With and without the ball</li> <li>• Ready position</li> <li>• Offence –triple threat stance</li> <li>• Vision – play with eyes up</li> </ul>	<b>PLAYING PRINCIPLES</b> <b>Basic offensive Concepts</b> <ul style="list-style-type: none"> <li>• Advancing the ball towards your offensive basket</li> <li>• Shooting the ball in the basket to score</li> <li>• Spacing of players (ideal spacing is 3 to 4 metres)</li> <li>• Cutting of players (away from the ball or towards the ball)</li> </ul>
<b>Ball handling</b> <ul style="list-style-type: none"> <li>• Ball control</li> <li>• Stationary dribbling (low, high, wide)</li> <li>• Movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high)</li> </ul>	<b>Passing skills</b> <ul style="list-style-type: none"> <li>• Stationary &amp; moving passing</li> <li>• Passing to a team mate</li> <li>• Receiving the ball –absorbing</li> <li>• Catching on the move</li> <li>• Catching the ball with 2 hands, 2 eyes, 2 feet</li> </ul>	<b>Basic Defensive Concepts</b> <ul style="list-style-type: none"> <li>• Recognition of knowing when you are on defense</li> <li>• Recognition of the person he/she is defending</li> <li>• Staying between the person you are guarding and the basket</li> </ul>
<b>Shooting skills</b> <ul style="list-style-type: none"> <li>• Squaring feet and shoulders to sight the target</li> <li>• Push with both legs</li> <li>• Follow through (release) – first without ball/then with ball</li> <li>• Close range shots</li> <li>• Lay ups</li> </ul>		



## MEGA HOOPS: FUNDAMENTALS

### LESSON 1

#### Focus: Footwork

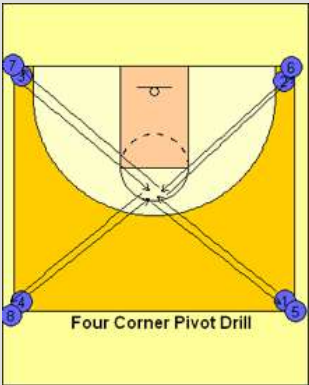
Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform 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 &amp; 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><b>Dragon Tails</b></p> <p>Each player has a pinnie or piece of cloth tucked into his/her shorts, leaving a small 'tail' exposed. Within a designated area, players must attempt to steal other players 'tail' while simultaneously protecting their own. Encourage players to use their feet to pivot and turn to protect their tails. Blocking with the arms and hands is not allowed. See who can collect the most tails within a given amount of time.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Red Light/Green Light</b></p> <p>Have participants line-up on the baseline with the Coach at centre court. When the Coach turns his/her back and calls 'Green Light', participants move forward using a pre-determined locomotion (forwards, backwards, sliding sideways etc.). When the Coach turns to face the participants and calls 'Red Light', participants must come to a complete stop. Each round, have participants practice a different jump stop 1) two foot 2) stride stop 3) stop and forward pivot 4) stop and reverse pivot.</p> <p><b>Ladder Footwork</b></p> <p>Use the badminton alleys as your ladders. 5 athletes in each line in front of the alley. Vary up the ways you go through the lines. High knees; 2 foot hops; 2-out/2-in, etc. --be creative!</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 1

#### Focus: Footwork

20 mins	Fundamental Basketball Skill Development	<p><b>Four Corner Pivot Drill</b></p> <p>Position an equal number of players in each corner of the <math>\frac{1}{2}</math> court. On the coaches' command, the first players in each corner run into the middle of the <math>\frac{1}{2}</math> court and come to a stop; either a jump stop or stride stop (1, 2 stop), whichever the coach has asked for. The players will then pivot to the corner on their right foot, run to that corner and slap hands with the next person in line. The next person repeats the same action. The players execute either a front or reverse pivot in the middle. The drill can be made more enjoyable by having the players all arrive in the middle at the same time with a jump stop or a stride stop. As the players arrive they will "high 5" the player to the right and left of them.</p> <p>LOAD 1: Have players dribble into the middle and execute the pivots.</p>  <p><b>Run Rabbit Run</b></p> <p>Player 1 starts at the foul line and Player 2 starts at the baseline. On a signal, Player 1 takes off running to the opposite baseline, with Player #2 trying to tag the back of Player #1. Once #2 hits the foul line, he/she changes direction and heads back towards the other basket. Player #3 now enters the contest trying to tag player #2. Continue for a set amount of time.</p> <p><b>LOAD 1:</b> Running backwards; side shuffle</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: FUNDAMENTALS

### LESSON 2

#### Focus: Ball Handling

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 &amp; 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><b>Zoo Keeper Tag</b></p> <p>Players are paired up according to their abilities, designating a partner 1 and partner 2 in each pair. Have all partner 1's (Zoo Keepers) go to the center of the gym, face the center, and cover their eyes. Partner 2's (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><b>Red, Blue, One, Two</b></p> <p>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 'One' and 'Two' if they can easily remember Red and Blue.</p> <p><b>'Coach' Says</b></p> <p>Have participants line up on the baseline. The coach will give a series of instructions. If the instructions are preceded by the phrase "Coach says", the participants must perform the action. If the instructions are not preceded by the phrase "Coach says", but the participants do the action anyways,</p>



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### LESSON 2

#### Focus: Ball Handling

		<p>they must return to the baseline. First player to make it to the opposite baseline wins. <i>Actions:</i></p> <ul style="list-style-type: none"> <li>-finger 'tapping', high/low</li> <li>-toss-clap-catch (challenge to see how many claps they can make)</li> <li>-around the head/waist/ankles/legs</li> <li>-dribble high, dribble low</li> <li>-crossover</li> <li>-close eyes</li> </ul>
20 mins	Fundamental Basketball Skill Development	<p><b>Partner Keep-Away</b></p> <p>In partners or groups of three, players dribble within a designated area and try to steal each other's ball while maintaining their dribble. If the ball is knocked away, reset and begin again. Encourage players to dribble with their eyes up using both hands, and to keep their off arm up to protect the ball.</p> <p>LOAD: Designate a playing area and put all groups together for one large game of 'Keep Away'. Once a player's ball is knocked out of bounds, he/she stands on the border of the playing area and can attempt to knock other player's basketballs away from a stationary position. Continue to shrink the playing area as the number players decrease.</p> <p><b>Memory</b></p> <p>Numbered pylons are placed randomly around the gym. Underneath each pylon is a distinctive object or playing card. Divide the group into two teams. Each team is given a time limit to dribble around looking underneath each pylon – players must remember where each object is located. Teams line up along opposite baselines. The coach calls out an object or card. One player from each team dribbles to the pylon and stands beside the one they think the object is located under. The team gets a point if the object is under the chosen pylon.</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: FUNDAMENTALS

### LESSON 3

#### Focus: Passing & 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 &amp; 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><b>Sharks and Minnows</b>            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 "I' TS 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><b>Beanbag/Tennis Ball Toss</b>            Partners stand 3-5 feet apart with one beanbag or tennis ball. Players practice tossing the object back and forth. Load the drill by challenging players to catch with their weak hand, stand on one leg, take a step back, underhand/overhand, bouncing (tennis ball) etc.</p> <p><b>Wall Passing</b>            Each player finds a basketball and a space on the wall. Have players practice passing against the wall – bounce pass, chest pass, overhead pass, one handed push pass etc.</p> <p><b>LOAD:</b> 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>





## MEGA HOOPS: FUNDAMENTALS

### LESSON 3

#### Focus: Passing & Catching

20 mins	Fundamental Basketball Skill Development	<p><b>Partner Passing</b> In groups of 2 or 3 with one ball, practice each of the following passes. The distance between passer and receiver should be approximately the width of the key for this stage of development. Make sure players are 'shortening the pass'- the receiver should step towards the pass, and the passer should step into the pass. Correct for proper form, focusing on following through each time with palms finishing outwards and thumbs pointing down to the floor.</p> <p><b>LOAD 1:</b> Partner passing on the move. After a pass is made, the passer runs to touch a pylon or line 5-10 feet behind the passing line. As they come back to their starting position, instruct players to show a target with their hands in order to receive the ball back from their partner.</p> <p><b>Name Passing</b> Players get in groups of three with one ball. They stand about 10-12 feet apart with the receiver(s) having his/her back to the passer. The passer calls out the name of the receiver, pauses for 1 second, and then passes the ball. The receiver immediately turns when he/she hears their name called, locates the ball and catches it. With younger age groups, begin by using a bounce pass. As players progress, allow them to throw some passes outside the frame of the receiver's body. This will challenge the receiver's ability to turn quickly and track the ball.</p> <p><b>Crocodile Passing</b> 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 basketballs that like to eat basketballs that drop into it. Spread out 2-3 players under a hoop with one ball. The player with the ball passes to someone and moves forward to an open space. 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, advancing forward. Keep passing like this until the team is close enough to the basket for someone to take a shot. LOAD: Use two basketballs.</p>
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>





## MEGA HOOPS: FUNDAMENTALS

### LESSON 4

#### Focus: Shooting

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 &amp; 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><b>Line Tag</b></p> <p>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><b>ABC Movements</b></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><b>One, Two, UP!</b></p> <p>Have participants space out around the gym (without a basketball). Instruct them to practice their "one, two, UP!" footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.</p>
20 mins	Fundamental Basketball Skill Development	<p><b>Frog Shooting</b></p> <p>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"> <li>1) Perform a squat, place ten fingers on the ball.</li> </ol>

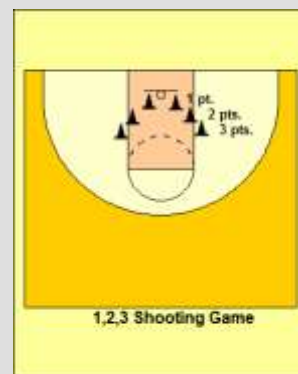


## MEGA HOOPS: FUNDAMENTALS

### LESSON 4

#### Focus: Shooting

		<p>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.</p> <p>3) Pushing up with the legs, release the ball straight up in the air following through with a “hand in the basket”.</p> <p><b>LOAD 1:</b> Have players begin several feet away from the basketball on the ground, and ‘frog hop’ with two feet towards the ball, exploding with their legs into the shot.</p> <p><b>LOAD 2:</b> Have players practice frog shooting at a basket.</p> <p><b>Lay-Up Progression</b> Begin by teaching proper lay-up technique, progressing from stationary frog shooting (hitting the ‘magic’ spot on the top corner of the backboard), to a one-step layup, to a two-step layup.</p> <p><b>1,2,3 Shooting Game</b> <i>**If the basket cannot be lowered to an appropriate height, take a hula hoop and drape it over the back of the net to create a lower target</i></p> <p>Pair up the players and send them to a basket. 3 cones are lined up diagonally from the backboard – 1 step back, 2 steps back and 3 steps back. Keep the cones in the athlete’s shooting range so that they can have success. First player shoots three shots and counts his/her points and then the second player shoots. Players keep track of their points and try to beat their previous score.</p> <p>Rules: Only shots off the backboard count; 1 pt. for a made shot behind cone #1; 2 pts. for a made shot behind cone #2 3 pts. for a made shot behind cone #3</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>

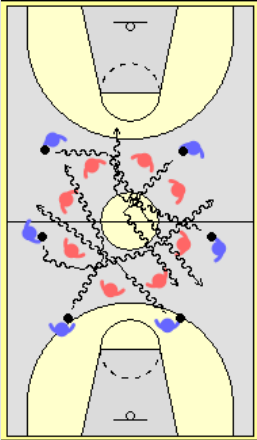




## MEGA HOOPS: FUNDAMENTALS

### LESSON 5

#### 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 &amp; 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><b>Mousetrap</b></p> <p>Divide the group into two separate teams. One forms a circle that on command can join hands (the mouse trap). The other players (the mice), each have a ball and are dribbling outside the circle. The coach tells the players that the mousetrap is now open, and players freely dribble in and out of the circle. When the 'mice' enter the circle, they cannot exit through an adjacent space. When the coach gives the visual signal for the mousetrap to close, the players in the circle join hands, trapping any dribblers inside. See how many mice you can trap!</p> 
15 mins	Fundamental Movement Skill Development	<p><b>Red Light/Green Light</b></p> <p>Have participants line-up on the baseline with the Coach at centre court. When the Coach turns his/her back and calls 'Green Light', participants move forward using a pre-determined locomotion (forwards, backwards, sliding sideways etc.). When the Coach turns to face the participants and calls 'Red Light', participants must come to a complete stop. Each round, have participants practice a different jump stop 1) two foot 2) stride stop 3) stop and forward pivot 4) stop and reverse pivot.</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 5

#### Focus: Ball Handling II

		<p><b>Follow the Leader</b></p> <p>The coach leads players dribbling around the gym performing the following actions:</p> <ul style="list-style-type: none"> <li>-walking forwards/backwards</li> <li>-running forwards/backwards</li> <li>-sliding sideways</li> <li>-dribble high/dribble low</li> <li>-crossovers (dribble wide)</li> <li>-change of direction</li> <li>-change of speed</li> </ul>
20 mins	Fundamental Basketball Skill Development	<p><b>Dynamic Partner Dribbling</b></p> <p>Players line up on the baseline in groups of two with one basketball. They take turns running the length of the floor dribbling the basketball in their outside hand.</p> <p><b>LOAD 1:</b> Partner runs beside dribbler.</p> <p><b>LOAD 2:</b> Partner runs shoulder-to-shoulder to dribbler</p> <p><b>LOAD 3:</b> Partner gives a gentle 'bump' to dribbler every 2-3 steps.</p> <p><b>Cat and Mouse</b></p> <p>Players line up with a partner on opposite sides of the centre line. Each player is designated either a 'Cat' or a 'Mouse'. When the coach calls out the word 'Mice!' all of those players must dribble past a designated 'safety area' before the 'Cats' can tag them and vice versa. Once tagged, the player must join the other side until there is either one 'cat' or one 'mouse' remaining.</p>
	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: FUNDAMENTALS

### LESSON 6

#### Focus: Passing & Catching II

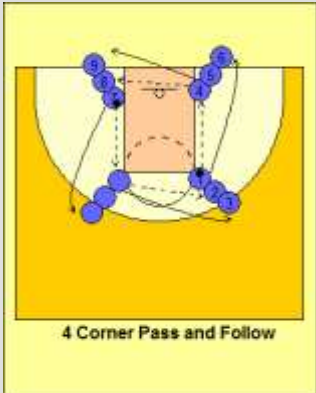
Time	Practice Section	Activity & Teaching Points
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5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i>  <i>Dog—walk on hands &amp; 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><b>20 Passes</b></p> <p>Divide the players into two teams. The team must complete 20 passes in a row within a designated area without a fumble or a turnover. If the defense knocks the ball down or the pass is incomplete, it becomes the other team's ball.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Tennis Ball Agility</b></p> <p>In groups of three, two players stand 6-10 feet apart holding a tennis ball each, with the third player standing half way in-between in a low, athletic stance. One of the outside players drops their tennis ball, and the middle player must sprint to catch. Challenge players to catch the ball after only 1-2 bounces. Have each player go 3-5 times before switching.</p> <p><b>Over-Under Relay</b></p> <p>Divide the group into two or more teams. Each team makes a tight line facing forward. Person at the front of each line starts with a pass under (between legs) then the next pass goes over the head – and so on. After athlete makes a pass they run to the end of the line. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side-right side relay.</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 6

#### Focus: Passing & Catching II

20 mins	Fundamental Basketball Skill Development	<p><b>Corner Pass and Follow</b> Participants are divided equally between four spots – two above each elbow and two even with the basket on the edge of the key. Begin with two balls at opposite corners. Players pass to their immediate right and follow to the end of the line he/she passes to. The coach can call “reverse” at any time, which indicates that the players should pass and move in the opposite direction (i.e. to their left). Practice with chest passes, 1-hand push passes, bounce passes and overhead passes.</p>  <p>4 Corner Pass and Follow</p> <p><b>Full Court Partner Passing</b> Players partner up, forming two lines on the baseline. Players in the outside line begin with the ball. Partners will advance down the length of the court passing the ball, showing ten finger targets and leading their partner with the pass. Start slowly and build up speed.</p> <p><b>Ultimate Basketball</b> The rules are similar to Ultimate Frisbee. Divide the group into two teams and mark out an ‘end zone’ at each end of the playing area. Teams must advance the ball using only passes towards their end zone. When defending, if the ball is knocked to the ground it switches possession. Points are scored by passing the ball to another player inside the end zone.</p>
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>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 7

#### 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 &amp; 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><b>Witches' Stew</b></p> <p>This game is enhanced with some acting on the part of the activity leader. Divide participants into four groups and send each group to different corners of the activity space. Name each group a stew ingredient (e.g. potatoes, carrots, etc.). The instructor stands in the centre of the activity, and in their best witch voice, they call one ingredient at a time to be added to their stew. When called, the group runs into the centre and jogs in a circle around the coach. Once all groups have been called, begin stirring faster and say, "It's getting hotter". This is a cue for children to increase their speed. When the leader says, "It's boiling", the children stop running and start hopping up and down. When the leader yells, "DINNER IS READY!" the children must run back to their corner while the leader chases. Any children caught become a chef in the middle with the leader for one round.</p> <p><b>LOAD:</b> Add basketballs.</p>
15 mins	Fundamental Movement Skill Development	<p><b>ABC Movements</b></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><b>One, Two, UP!</b></p> <p>Have participants space out around the gym (without a basketball). Instruct them to practice their "one, two, UP!" footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.</p>





## MEGA HOOPS: FUNDAMENTALS

### LESSON 7

#### Focus: Shooting II

20 mins	Fundamental Basketball Skill Development	<p><i>***If the basket cannot be lowered to an appropriate height, take a hula hoop and drape it over the back of the net to create a lower target</i></p> <p><b>Form Shooting</b> 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> <p><b>Dribble Through Cones to Lay-Up</b> Put 3 or 4 cones in a line facing the hoop. Use all hoops and both sides of the hoops. Have the athletes dribble through the cones with eyes up into a lay-up. They must dribble with the hand away from the cone (defender). Always have the ball, body and then defender. Body between ball and defender (i.e. the cone)</p> <p><b>4, 3, 2, 1 Shooting Game</b> Divide participants into teams. As a team, group must make 4 lay-ups, followed by 3 shots from the first hash-mark, 2 shots from the second hash-mark and 1 shot from the free throw line. First team sitting with their hands on their heads is the winner.</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: FUNDAMENTALS

### LESSON 8

#### Focus: Basic Motion Offense Concepts

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 &amp; 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><b>Sharks and Minnows</b>            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 "I' TS 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><b>Red, Blue, One, Two</b>            Participants line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (e.g. side-to-side, Ski jumps etc.) 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><b>Self-Toss</b>            Players spread out around the court with a ball each. Demonstrate how to 'self-toss' the basketball, putting backspin on the ball so that it comes back to you. Have participants practice self-tossing the ball to themselves, coming to a 1) two foot jump stop 2) stride stop, and 3) front/reverse pivot.</p>
20 mins	Fundamental Basketball Skill Development	<p><b>Four Corner Dribble &amp; Pass Decision Making</b>            Place four pylons around the key making a square. Players form a line behind each of the pylons. The player at the start</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 8

#### Focus: Basic Motion Offense Concepts

		<p>of only one line has a basketball. Two coaches stand in-between the pylons on opposite sides of the square. The player with the ball begins by dribbling into the centre of the square. The coach will move either right or left, blocking one of the passing lanes. The player with the ball makes a pass to the player standing in the open corner, and then fills the line immediately to his/her right. The player who received the ball now dribbles into the centre of the square, passing to the corner the coach leaves open. Drill continues for a set amount of time.</p> <p><b>Pass and Cut</b> Players line up at the top of the key with a basketball. The first player at the top makes a pass to the coach on the wing. The passer then immediately makes a cut to the basket, showing a ten finger target and receiving a pass back from the coach and attempting a lay-up or a two-foot jump stop. After getting his/her rebound, the player rotates back to the end of the line.</p> <p><b>LOAD 1:</b> Make a second line of players on the wing, keeping only one player at the top with a ball. After the top player passes, cuts, and receives a pass from the coach, teach the wing player to fill the empty top spot.</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: FUNDAMENTALS

### LESSON 9

#### Focus: Basic Defensive Concepts

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 &amp; 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><b>Dragon Tails</b></p> <p>Each player has a pinnie or piece of cloth tucked into his/her shorts, leaving a small 'tail' exposed. Within a designated area, players must attempt to steal other players 'tail' while simultaneously protecting their own. Encourage players to use their feet to pivot and turn to protect their tails. Blocking with the arms and hands is not allowed. See who can collect the most tails within a given amount of time.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Foot Fire and Stance</b></p> <p>Coach yells "Stance" and the athletes get in a stance and they growl. Then stutter or foot fire; point right, left or back and the athletes hip turn; coach points to the floor and they get on the floor to grab a loose ball; coach points to the roof and the athletes grab a rebound and they yell "rip". Be creative!</p> <p><b>Knee Tag</b></p> <p>Athletes pair up and begin in a good athletic stance (knees bent, back straight, butt low to the ground). The object is to slap the inside or outside of your opponent's knees as many times as possible within a designated time period. This game works on agility and balance as players work to avoid being tagged by their opponents.</p>
20 mins	Fundamental Basketball Skill Development	<p><b>Zig Zag Drill</b></p> <p>Players line up in the corner on the baseline. One by one, players begin to slide in a zig-zag pattern down the court.</p> <p><b>LOAD 1:</b> Partner up one offensive player/one defensive</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 9

#### Focus: Basic Defensive Concepts

		<p>player. Work up to live 1 on 1.</p> <p><b>Denial Stance Drill</b> To practice the denial stance have players line up on the baseline and on the coach's cue they will slide up to the free throw line and back to the baseline, using perfect denial stance technique. Players should have one hand extended and in the imaginary passing lane while they remain low with their feet shoulder width apart.</p> <p><b>2 on 2</b> Have 2 players on each wing, 1 on offense and 1 on defense. The ball begins with the coach at the top of the key. Slowly pass from one wing to the other, practicing defensive movement. Rule #1: If you are guarding the player with the ball, you are tracing the ball. Rule #2: If a player is one pass away from catching the ball, the defender guarding this player must be in "deny" Rule #1: If a player is two passes away from catching the ball, the defender guarding this player must be in "help"</p> <p><b>LOAD 1:</b> Progress to live 2 on 2 <b>LOAD 2:</b> Progress to live 3 on 3</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: FUNDAMENTALS

### LESSON 10

Focus: 3 vs. 3


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 &amp; 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><b>Freeze Tag</b>  All participants have a basketball and are dribbling in this game. 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, dribbling a basketball and 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 bounce a basketball through their legs. 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><b>Ladder Footwork</b>  Use the badminton alleys as your ladders. 5 athletes in each line in front of the alley. Vary up the ways you go through the lines. High knees; 2 foot hops; 2-out/2-in, etc. --be creative!</p> <p><b>Self-Toss</b>  Players spread out around the court with a ball each. Demonstrate how to 'self-toss' the basketball, putting backspin on the ball so that it comes back to you. Have participants practice self-tossing the ball to themselves, coming to a 1) two foot jump stop 2) stride stop, and 3) front/reverse pivot.  LOAD: Practice self tossing at a basket.</p>



## MEGA HOOPS: FUNDAMENTALS

### LESSON 10

Focus: 3 vs. 3

20 mins	Fundamental Basketball Skill Development	<p><b>Dynamic 1-on-1</b> Participants line up on the baseline outside the three point line. The coach stands at the 45 degree mark. Players will make a pass to the coach, and then follow their pass up the three point line. If the coach holds the basketball with his/her inside hand, the player will take the ball and drive baseline. If the coach holds the ball with his/her outside hand, the player will run around behind the coach, take the ball and drive middle.</p> <p><b>LOAD 1:</b> Add a second defensive line on the baseline inside the 3 point line. The defender must slap the coach's empty hand before playing defense, giving the offensive player a 1 second advantage.</p> <p><b>LOAD 2:</b> Add an offensive line on the opposite wing. Have this player move to open space and receive a pass for a shot from the first offensive player.</p> <p><b>3 on 3 Circle Drill</b> Three offensive players are positioned outside the 3 pt. line; one at each wing, and at the point. The defenders begin inside the lane, matched up with an offensive player. The coach is positioned under the basket, along the baseline, with a basketball. When the coach says "circle" the defenders will begin circling to their left, always facing the offensive players so they cannot see the coach. When the coach passes to an offensive player, the defense must match up to his/her check. Play until a stop or score and then reset the drill.</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>