



## 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 Learn to Train

(ages 8-11 females, 9-12 males)

The goal at this stage of development is for children to master fundamental movement skills and to be introduced to the basic technical/tactical basketball skills. The focus should be on training, with competition used strategically and sparingly as a valuable tool to consolidate skills, practice decision making, and learn how to cope with physical and mental challenges. The coach's primary goal should be to ensure that all players have a fun and positive experience, fostering a love for the game and for physical activity more generally. Participation in other sports should be encouraged, allowing children to continue building a strong athletic base.

Ontario Basketball recommends that Mega Hoop's 10 Learn to Train 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> <i>(developed and refined)</i> <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> Ready Position (without ball) <ul style="list-style-type: none"> <li>Movement – change of direction, change of pace, faking</li> <li>Vision, play with eyes up, scanning</li> </ul> Ready Stance (with ball) <ul style="list-style-type: none"> <li>Triple threat</li> <li>Holding the ball</li> <li>Footwork – pivoting (front &amp; reverse)</li> <li>Jump stops, stride stops</li> <li>Starting – being able to push off effectively with both feet</li> </ul>	<b>PLAYING PRINCIPLES</b> <b>Offensive Concepts</b> <ul style="list-style-type: none"> <li>Playing with a purpose of scoring</li> <li>Playing 1-on-1</li> <li>Spacing 3 to 4 metres</li> <li>Give and go</li> <li>Cut and replace/fill</li> <li>Read the defence to attack &amp; score</li> </ul> <b>Defensive Concepts</b> <b>**more time should be spent on offensive concepts than defensive concepts in this stage</b> <ul style="list-style-type: none"> <li>Introduce stance</li> <li>Staying in stance between your player &amp; the basket</li> <li>Guarding the ball – maintain a gap b/w defender &amp; ball handler</li> <li>Towards the end of this stage introduce defensive 'triangle' (ball-you-man)</li> <li>Helping your teammates</li> <li>Recover to your player when he/she received the ball</li> <li>Sprinting back on defense</li> </ul>
<b>Dribbling</b> <ul style="list-style-type: none"> <li>Stationary dribbling right/left hand</li> <li>Dribbling while moving with left/right hand in all directions</li> <li>Speed dribble, control dribble, change of direction with left/right</li> <li>Vision- handle the ball while scanning the floor</li> </ul>	<b>Passing and catching</b> <ul style="list-style-type: none"> <li>Introduction or refinement of basic stationary passes (chest, bounce, overhead, baseball)</li> <li>Passing and catching on the move</li> <li>Passing and catching against an opponent</li> </ul>	
<b>Shooting</b> <ul style="list-style-type: none"> <li>Introduce 'Ready, Up, In' concepts</li> <li>Introduce or refine lay-up technique from both sides</li> </ul>	<b>Developing One-on-One skills</b> <ul style="list-style-type: none"> <li>Triple threat stance, squaring to basket</li> <li>Reading the defense</li> <li>Ball &amp; foot fakes (small &amp; quick)</li> </ul>	<b>Getting open</b> <ul style="list-style-type: none"> <li>Moving to get open</li> <li>Coming to the pass</li> <li>Pivot to be an offensive threat</li> </ul>



**MEGA HOOPS: LEARN TO TRAIN**  
**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	ABC's- Dynamic Warm Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and 'pop' up on toe. Release and repeat other side.</li> <li>• 747's – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Chase the Tail</b></p> <p>Divide players into groups of four. Three of the four players form a human chain, each holding onto the waist of the person in front. The fourth player attempts to tag the last person in this chain (i.e. "chase the tail") while the other three players work to move together to protect him/her.</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 jump stops 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>
20 mins	Fundamental Basketball Skill Development	<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</p>



## MEGA HOOPS: LEARN TO TRAIN

### LESSON 1

#### Focus: Footwork

		<p>action. If the instructions are not preceded by the phrase “Coach says”, but the participants do the action anyways, they must return to the baseline. First player to make it to the opposite baseline wins.</p> <p><i>Actions:</i> walk/run forwards &amp; backwards; stride/two foot/stutter stop; pivot forward/pivot backwards</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> <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>
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: LEARN TO TRAIN**  
**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	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique. Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side.</li> <li>• 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Dribble Tag</b></p> <p>Each player is dribbling a basketball. Identify 2-3 players as “It” with a coloured pinnie. These players attempt to lightly tag the other players, while dribbling. When a player gets tagged, they must freeze where they are touched. The frozen players can become unfrozen by having a teammate bounce hi/her basketball under their legs.</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 (or basketball) each, with the third player standing half way in between in a low, athletic stance. One of the outside players drops his/her tennis ball, and the middle player must move laterally to catch. Challenge players to catch the ball after only 2, 1, 0 bounces etc. Have each player go 3-5 times before switching.</p> <p><b>Follow the Leader</b></p> <p>If possible, every player starts with a basketball. The coach leads players dribbling around the gym performing the following actions: walking/running; back peddling; sliding</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 2**  
**Focus: Ball Handling**

		sideways; dribble high/dribble low; crossovers (dribble wide)
20 mins	Fundamental Basketball Skill Development	<p><b>Guess Who</b>            Have players form a big circle, each with a ball. Choose one player to be 'It' and have this player stand in the middle and close his/her eyes. Choose one player around the circle as the secret 'leader' who will lead the group in ball handling drills. The others must keep their eyes up and follow the leader. The player who is 'It' opens his/her eyes and tries to guess who is the leader. The leader should switch the action as often as possible when 'It' is not looking. The leader can lead the group in the following ball handling drills: <i>Finger tipping, around the head/waist/legs/ankles, figure 8's, power dribbles, high/low dribbles, cross over, push/pull, figure 8 dribbles, patty cakes.</i></p> <p><b>Dynamic Partner Dribbling</b>            Players line up on the baseline in groups on two with one basketball. They take turns running the length of the floor dribbling the basketball in their outside hand.  <b>LOAD 1:</b> Partner runs beside dribbler.  <b>LOAD 2:</b> Partner runs shoulder-to-shoulder to dribbler  <b>LOAD 3:</b> Partner gives a gentle 'bump' to dribbler ever 2-3 steps.  <b>LOAD 4:</b> Position a coach at half-court. Whenever coach shows a 10-finger target, player with the basketball must give and receive a pass.</p> <p><b>Partner Keep-Away</b>            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.  <b>LOAD:</b> 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>
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: LEARN TO TRAIN

### 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	Dynamic Warm Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique. Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side.</li> <li>• 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Passing Tag</b></p> <p>In this tag game two players are deemed “It”. A player can only be tagged when one of the two ‘It’ players have the ball in his/her hand. The player with the ball cannot run with the ball. The ‘Its’ can move when they do not have the ball. They must work together by passing and moving to single out a player who can be tagged. Once tagged that player becomes another ‘It’. Keep going until all of the players are tagged.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Beanbag Toss</b></p> <p>In small groups, practice tossing and catching with different objects – beanbags, , tennis balls, rubber chickens (whatever is available). Challenge players to toss and catch with both hands, while balancing on one foot, at a greater distance etc.</p> <p><b>Dynamic Passing</b></p> <p>Athletes pair up with a ball between them, starting on the baseline. They will start about 6-10 feet apart and will move down the court together passing the ball back and forth. Practice chest passes (while sliding laterally), 1 ½ hand passes (while running forwards), bounce passes &amp; overhead passes.</p>





**MEGA HOOPS: LEARN TO TRAIN**  
**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 – chest pass, bounce pass, 1 ½ hand pass (from shoulder), skip pass, baseball pass. 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. Emphasize passing ‘on time and on target’, and following through with the pass, finishing with palms facing outwards and thumbs pointing towards the floor.</p> <p><b>Keep Away</b>            Demonstrate the 5 windows that players can fake and pass through before the game begins. Divide the group into two teams. A team must complete 10 passes in a row without a fumble or turnover. If the defense knocks the ball down or the pass is incomplete, it becomes the other team’s ball.</p>  <p><b>20 Passes</b>            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.  <b>LOAD:</b> The coach can add rules to the game in order to practice difference skills. For example, players must call a teammate’s name before passing the ball; players must count passes out loud as a team; players must touch the side-line after a pass before receiving the ball again.</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: LEARN TO TRAIN**  
**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	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side. 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
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 jump stops 1) two foot 2) stride stop 3) stop and forward pivot 4) stop and reverse pivot.</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	<b>Fundamental Basketball Skill Development</b>	<p><b>Form Shooting</b></p> <p>Introduce or review the three stages of shooting</p> <ol style="list-style-type: none"><li>1) 'Ready' – Catch in stance. Knees bent and hips low, elbow at 90 degrees, wrist bent so that you see wrinkles, five fingers on the ball leaving space between the palm and the basketball, guide hand in 'handshake' position'.</li><li>2) 'Up' – Bring ball up above forehead in front of face, 'peek' under the ball at the rim. Hips remain low and knees bent in 'stance'.</li><li>3) 'In' – Push up with the legs and extend arm to shoot the ball. Shooting hand finishes 'in the basket' with middle finger pointing towards target. Finish on toes and hold follow-through long enough to 'take a photo'.</li></ol> <p>Players stand approx. 2-5 feet from the basket with a ball. Challenge players to make a perfect swish (no rim or backboard).</p> <p><b>LOAD:</b> Ten point shooting. +1 for a make, -1 for a miss. Players start directly under basket. On a make, players take one step back. Bonus point for a perfect swish. The goal is to try and get to 10 points using the above scoring system.</p> <p><b>Partner Shooting</b></p> <p>Divide players into groups of two with one basketball. The first player takes a shot within range, and then follows it to get his/her own rebound. Meanwhile, the partner gets in the 'ready' position (knees bent and hips low, elbow at 90 degrees, wrist bent so that you see wrinkles, giving a 10 finger target). After rebounding the ball, the first player passes it to his/her partner.</p> <p><b>LOAD:</b> Challenge the group to see who can be the first partner to make 'X' number of shots.</p> <p><b>Around the World</b></p> <p>Divide players into groups of 2-4 at a basket. If tight on space, two groups can share a basket, starting on opposite sides. The object of the game is to make it all the way around the 'world' (the key) and back by hitting a shot at each of the designated spots. Place a pylon at the block (right/left), the second hash-mark (right/left), and the free throw line. The first player takes a shot on the block. If the shot is made, the player moves to the next spot. If the shot is missed, the player has an opportunity to 'risk it' (take a second shot) or stay and wait for the next turn. If a player 'risks it' and makes it, he/she</p>
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**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 4**  
**Focus: Shooting**

		continues around the world; if he/she misses, that player must return to the start.
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: LEARN TO TRAIN**  
**LESSON 5**  
**Focus: Lay-Ups**

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique. Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side.</li> <li>• 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Dribble Tag</b></p> <p>Identify 2-3 players as “It” with a coloured pinnie. These players run around trying to lightly touch the other players. When a player gets tagged, they must freeze where they are touched. The frozen players can become unfrozen by getting a ball bounced between their legs by the other dribblers. The ball that unfreezes them cannot be their own – another dribbler must unfreeze them.</p>
15 mins	Fundamental Movement Skill Development	<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/running</li> <li>-back peddling</li> <li>-sliding sideways</li> <li>-dribble high/dribble low</li> <li>-crossovers (dribble wide)</li> </ul> <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!”</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 5**  
**Focus: Lay-Ups**

		footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.
20 mins	Fundamental Basketball Skill Development	<p><b>Lay-Up Progression</b>            Introduce or review proper lay-up technique, progressing from stationary (hitting the ‘magic’ spot on the top corner of the box on the backboard), to a one-step layup, to a two-step layup.</p> <p>Stationary: Players line up behind the right hand blocks at either end of the court, with a ball. First player shoots the ball, aiming for the top corner of the box drawn on the backboard. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left side (and emphasize using the left hand!)</p> <p>One-Step Layup: Players line up one step behind the right hand block at either end of the court, with a ball. First player takes one step with the inside foot and, driving the opposite knee upward, shoots a layup with the outside hand. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left hand side.</p> <p>Two-Step Layup: Players line up two steps behind the right hand block at either end of the court, with a ball. First player takes a step with the outside foot, and a step with the inside foot and, driving the opposite knee upward, shoots a layup with the outside hand. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left hand side.</p> <p><b>Circle Lay Ups</b>            Two players start as passers, one behind the other to the side of the basket each with a ball. The remaining players begin outside the 3 point line at a 45 degree angle to the hoop. The first player in line sprints to the basket and receives a short pass from the first player with a ball – this player shoots a lay-up, retrieves his/her ball and then becomes a passer. After passing the ball, the passer goes to the end of the cutting line etc. etc. Change up the angle of the lay-up line to practice different kinds of lay-ups.</p> <p><b>LOAD 1:</b> Challenge participants by creating two or more teams that compete against each other for most made lay-ups.</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 5**  
**Focus: Lay-Ups**

		<p><b>Sweep and Go Lay-ups</b>          Players line up on the baseline outside the 3 point line, with a ball. Players will self toss the ball along the three point line, run and catch the ball stopping on two feet. Players will practice squaring up to the basket and crossing over and dribbling either right or left, finishing with a layup.</p> <p><b>LOAD 1:</b> Standing in the key, the coach provides guided defense that the player must read – i.e. if the coach steps up to defend the player, he/she pulls up for a shot. If the coach does nothing, the player continues to drive to the basket for a layup.</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: LEARN TO TRAIN**  
**LESSON 6**  
**Focus: Getting Open**

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique. Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side.</li> <li>• 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Chase the Tail</b></p> <p>Divide players into groups of four. Three of the four players form a human chain, each holding onto the waist of the person in front. The fourth player attempts to tag the last person in this chain (i.e. “chase the tail”) while the other three players work to move together to protect him/her.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Agility Cutting</b></p> <p>Have athletes move around the gym at half speed, making a hard 45 degree cut every 5 steps. Teach participants to plant the foot sharply, toes pointed straight ahead, with ankle and knee bent and tracking over the toes. Participants should accelerate for a few steps out of the cut.</p> <p><b>LOAD 1:</b> Coach randomly calls out the order to “CUT!” so that athletes must react quickly and unexpectedly</p> <p><b>LOAD 2:</b> Jump stop and cut – teach athletes to come to a controlled two-foot jump stop before changing direction.</p> <p><b>Stack the Cones Relay</b></p> <p>Divide participants into groups of four, starting on the</p>





**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 6**  
**Focus: Getting Open**

		<p>baseline. In front of each team is a stack of 4 cones located around the foul line. When the coach says “Go!” the first athlete in each line sprints out and grabs one cone from their stack and brings it back. Each team member follows suit until all of the cones are on the baseline. Then, each member of the team must return a cone to the foul line where they started. Repeat the relay, asking the players to use the other foot to change direction.</p>
20 mins	Fundamental Basketball Skill Development	<p><b>Four Corners</b>  Set up four pylons in a square. Four players start on the outside, one at each of the pylons, and one player starts in the middle of the square. The players on the outside score one point every time they move from one pylon to another. The player in the middle can get out of the middle if he/she can move to an open pylon before one of the perimeter players.</p>  <p><i>Note: You can adjust the size of the square to make it more or less difficult for the defender.</i></p> <p><b>Pass, Cut, Fill</b>  Form two lines, one at the top of the key with a basketball, and one on the wing without. The first player at the top makes a pass to the wing. The passer then immediately makes a cut to the basket, showing a ten finger target and receiving a pass back from the wing player 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 third line of players on the wing, keeping only one player at the top with a ball. After the top player passes and cuts, teach the wing player to fill the empty top spot.</p> <p><b>Ultimate Basketball</b>  This game is played with the same rules as Ultimate Frisbee. Use a standard basketball court with room after the baseline as the ‘end zone’, marked with pylons. One team passes without dribbling towards the other teams’ end zone. If they are able to receive the ball with two feet across the end zone line they get a point. If players travel or turn the ball over, the other team takes over attacking the opposite end zone. If a</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 6**  
**Focus: Getting Open**

		team scores they turn and throw the ball towards the other end zone, the defenses chases the ball and attacks the same end zone the point was just scored on (this is the only time teams switch directions). Players must focus on making good passes and moving to get open without the ball to be successful in this game.
<b>5 mins</b>	<b>Cool down &amp; Debrief</b>	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>

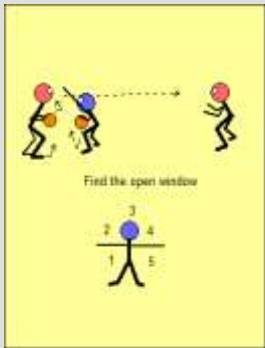


**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 8**  
**Focus: Jab Step & Ball Fakes**

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and 'pop' up on toe. Release and repeat other side.</li> <li>• 747's – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
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>Self Toss</b></p> <p>Players space out around the gym with a ball. Players practice self-tossing the ball and coming to a two foot jump stop. Progress to establishing a pivot foot, and squaring up to the 'basket' in triple threat position. 'Triple Threat' means that a player is in a position to 1) drive 2) shoot or 3) pass. Players should be in a low, athletic stance, with feet shoulder width apart and the ball near hip with elbow bent at 90 degrees.</p> <p><b>LOAD 1:</b> Demonstrate and practice the shot fake, pass fake</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 8**  
**Focus: Jab Step & Ball Fakes**

		<p>and jab step after a self-toss.</p> <p><b>LOAD 2:</b> Demonstrate and practice the crossover step after a self-toss.</p>
20 mins	Fundamental Basketball Skill Development	<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, they must return to the baseline. First player to make it to the opposite baseline wins.</p> <p><i>Actions:</i></p> <ul style="list-style-type: none"> <li>-walk/run forward</li> <li>-walk/run backwards</li> <li>-stride/two foot/stutter stop</li> <li>-pivot forward/pivot backwards</li> <li>-jab left</li> <li>-jab right</li> <li>-pass fake</li> </ul> <p><b>Monkey in the Middle</b></p> <p>In groups of three with one ball/group, begin with two players 8-10 feet apart and the third player guarding one player. Demonstrate the five different passing ‘windows’, and how to fake through one window and pass through another. The player being covered is in triple threat position and must use his/her pivot foot, jab steps and ball fakes to get around the defender and pass to their partner. The passer follows his/her pass to close out on the ball and become the new defender.</p>  <p><b>Jab, Dribble, Lay-up</b></p> <p>Players partner up with one ball/pair. First player self-tosses the ball, catches and gets into triple threat position. Player jab steps and takes one dribble left or right towards the basket. Player gets his/her own rebound and passes to partner.</p> <p><b>LOAD 1:</b> Partner becomes guided defense</p> <p><b>LOAD 2:</b> Pass, close-out to live 1 vs. 1</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: LEARN TO TRAIN**  
**LESSON 8**  
**Focus: Jab Step & Ball Fakes**



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 9**  
**Focus: Offensive Motion Concepts**

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side. 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Sharks and Minnows</b></p> <p>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></p> <p>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>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 9**  
**Focus: Offensive Motion Concepts**

		<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 with players behind each pylon (only one 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.</p> <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>LOAD 3:</b> Add a defender on the wing player. This defender can decide whether or not to help on the drive, or stay on his/her man. Drill will progress to live 2-on-2.</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>



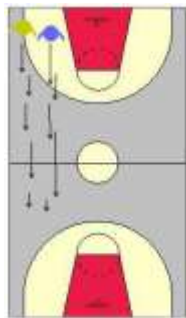


**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 10**  
**Focus: Defense Concepts**

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique. Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side.</li> </ul> <p>747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back</p> <ul style="list-style-type: none"> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight.</li> <li>• Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Flag Game</b></p> <p>Provide each player with a flag, pinnie or piece of cloth – have players tuck it into their shorts so that one end is free to grab. Mark out a designated playing area with lines or pylons. Staying inbounds, players must run around attempting to pull out other flags while protecting their own.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Foot Fire and Stance</b></p> <p>Coach yells “Stance” and the athletes get in an athletic stance (knees bent, hips low, toes tracking over knees) and they growl. Coach calls out a series of instructions: stutter or ‘foot fire’; shuffle right/left; hip turn (quickly pivot forwards/backwards); 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>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 10**  
**Focus: Defense Concepts**

		<p><b>Cops &amp; Robbers</b></p> <p>Players partner up on the baseline. One player is designated as the “Robber”. This person moves forward; walking, jogging, running or stopping. He/she attempts to get the defender to pass in front. Every time this happens a point is scored. When the players get to the other end they switch roles.</p> 
20 mins	Fundamental Basketball Skill Development	<p><b>Zig Zags</b></p> <p>Participants line up at the corner of a baseline. In defensive 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><b>LOAD 1:</b> 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 an arm’s length distance away.</p> <p><b>Close-Out Drill</b></p> <p>Depending on the number of players, make three or four lines along the baseline, and a same number of lines just above the free-throw line extended. Each player along the baseline has a ball and makes a good, sharp pass to the perimeter player. He/she then closes-out on the ball handler using progressively quicker and shorter steps yelling “Ball! Ball! Ball!” The ball handler pivots with the ball for 5 seconds while the defensive player shadows the ball with his/her hands.</p> <p><b>Three Person Shell Drill</b></p> <p>Three offensive players start outside the three point line (one at the top, two at each foul line extended). Three players match up on defensive. The player on the ball is in defensive stance, one arms length away, shadowing the ball and calling out “Ball!” Players who are one pass away have one arm and foot in the passing lane and are at a distance where they can see both the ball and their man looking straight ahead calling out “Deny!” Players who are two passes away are in help side with one arm pointing at the ball and one arm pointing at the player they are guarding.</p> <p>Have the offensive players pass the ball around the three point line, holding the ball at a given position for at least 5</p>



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 10**  
**Focus: Defense Concepts**

		<p>seconds. Every time the ball moves, defensive players should 'jump' towards the pass into either "Ball", "Deny" or "Help".</p> <p><b>LOAD 1:</b> Allow the offensive team to now score on baseline drives. This requires players who are two and three passes away to jump to help side and for the next closest player to rotate and "help the helper".</p> <p><b>LOAD 2:</b> Live 3 vs. 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>