



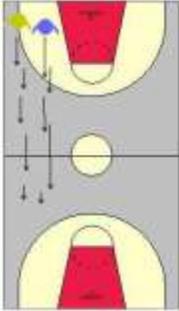
## MEGA HOOPS: LEARN TO TRAIN

### 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. 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>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>



		<p><b>Cops &amp; Robbers</b>          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>          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>          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>          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>



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		<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>
<b>5 mins</b>	<b>Cool down &amp; Debrief</b>	<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>