




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">• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i>• 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• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.• 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.• 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.• Hop on right/left foot/side-to-side (while dribbling ball)
10 mins	Warm up Game	<p>Passing Tag</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>Beanbag Toss</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>Dynamic Passing</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 & overhead passes.</p>



<p>20 mins</p>	<p>Fundamental Basketball Skill Development</p>	<p>Partner Passing 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>Keep Away 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>20 Passes 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. LOAD: 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>
<p>5 mins</p>	<p>Cool down & Debrief</p>	<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>