



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>Line Tag Ask for participants to volunteer to be ‘it’. Everyone can only travel on the lines of the floor. The participants who is ‘it’ is trying to tag those who are not ‘it’ and when they do tag a student, that student freezes and blocks that line from being travelled until another participant goes through their legs to ‘unfreeze’ them. As participants are moving around the space, the coach calls out various movements (forward, backwards, skip, shuffle sideways, hopping etc.) and students must move along the lines accordingly.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements 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>One, Two, UP! 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>Form Shooting Introduce or review the three stages of shooting</p> <ol style="list-style-type: none">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'.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'.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'. <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>LOAD: 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>Partner Shooting 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>LOAD: Challenge the group to see who can be the first partner to make 'X' number of shots.</p> <p>Around the World 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>
---------	---	--



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>