



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,