



MEGA HOOPS: FUNDAMENTALS

LESSON 6

Focus: Passing & Catching II

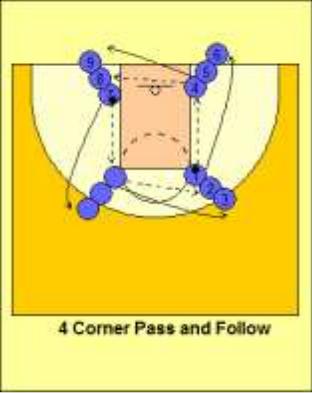
Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<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.</p>
15 mins	Fundamental Movement Skill Development	<p>Tennis Ball Agility In groups of three, two players stand 6-10 feet apart holding a tennis ball each, with the third player standing half way in-between in a low, athletic stance. One of the outside players drops their tennis ball, and the middle player must sprint to catch. Challenge players to catch the ball after only 1-2 bounces. Have each player go 3-5 times before switching.</p> <p>Over-Under Relay Divide the group into two or more teams. Each team makes a tight line facing forward. Person at the front of each line starts with a pass under (between legs) then the next pass goes over the head – and so on. After athlete makes a pass they run to the end of the line. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side-right side relay.</p>



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20 mins	Fundamental Basketball Skill Development	<p>Corner Pass and Follow Participants are divided equally between four spots – two above each elbow and two even with the basket on the edge of the key. Begin with two balls at opposite corners. Players pass to their immediate right and follow to the end of the line he/she passes to. The coach can call “reverse” at any time, which indicates that the players should pass and move in the opposite direction (i.e. to their left). Practice with chest passes, 1-hand push passes, bounce passes and overhead passes.</p>  <p>Full Court Partner Passing Players partner up, forming two lines on the baseline. Players in the outside line begin with the ball. Partners will advance down the length of the court passing the ball, showing ten finger targets and leading their partner with the pass. Start slowly and build up speed.</p> <p>Ultimate Basketball The rules are similar to Ultimate Frisbee. Divide the group into two teams and mark out an ‘end zone’ at each end of the playing area. Teams must advance the ball using only passes towards their end zone. When defending, if the ball is knocked to the ground it switches possession. Points are scored by passing the ball to another player inside the end zone.</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>