



# Mega Hoops FUNdamentals

(ages 6-8 females, 6-9 males)

The goal at this stage of development is to teach fundamental movement skills through basketball in an enjoyable environment. The coach's primary goal should be to ensure that all players have a positive first exposure to the game and experience early success in the sport. The emphasis of practices should be on developing a strong athletic base, providing children with the necessary skills to reach their full physical potential later in life. Just as children are taught to read and write, they must learn to be physically literate – in other words, to develop the skills and confidence to move their bodies in a wide variety of physical activities. Running, jumping, throwing, agility, balance and coordination are all fundamental movement skills that should be mastered between the ages of 5 and 12, a crucial training window for developing physical literacy. Drills and games used at this stage should also be inclusive in nature, maximize participation, and emphasize skill mastery over competition.

Ontario Basketball recommends that Mega Hoop's 10 FUNdamental lesson plans be supplemented by the use of small-sided and modified games at this stage of development. 3-on-3 has been shown to be a better tool for development than traditional 5-on-5 basketball as it allows for the proper teaching of movement and spacing concepts, as well as greater involvement in the game for each player (touches on the ball, number of shots etc.) ultimately leading to greater feelings of competence and enjoyment.

Canada Basketball recommends the following skills be taught at this stage of development:

*Taken from Canada Basketball Athlete Development Model, 2008.*

<p><b>Fundamental movement skills</b></p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination (throwing &amp; catching)</li> <li>• Proper running technique –forwards, sideways &amp; backwards</li> <li>• Change of speed and direction</li> <li>• Jumping and landing</li> <li>• Starting and stopping Pivoting-front &amp; reverse</li> </ul>	<p><b>Fundamental basketball skills</b></p> <ul style="list-style-type: none"> <li>• With and without the ball</li> <li>• Ready position</li> <li>• Offence –triple threat stance</li> <li>• Vision – play with eyes up</li> </ul>	<p><b>PLAYING PRINCIPLES</b></p> <p><b>Basic offensive Concepts</b></p> <ul style="list-style-type: none"> <li>• Advancing the ball towards your offensive basket</li> <li>• Shooting the ball in the basket to score</li> <li>• Spacing of players (ideal spacing is 3 to 4 metres)</li> <li>• Cutting of players (away from the ball or towards the ball)</li> </ul>
<p><b>Ball handling</b></p> <ul style="list-style-type: none"> <li>• Ball control</li> <li>• Stationary dribbling (low, high, wide)</li> <li>• Movement while dribbling (running, sliding, walking, change of direction, starts, stops, low, high)</li> </ul>	<p><b>Passing skills</b></p> <ul style="list-style-type: none"> <li>• Stationary &amp; moving passing</li> <li>• Passing to a team mate</li> <li>• Receiving the ball –absorbing</li> <li>• Catching on the move</li> <li>• Catching the ball with 2 hands, 2 eyes, 2 feet</li> </ul>	<p><b>Basic Defensive Concepts</b></p> <ul style="list-style-type: none"> <li>• Recognition of knowing when you are on defense</li> <li>• Recognition of the person he/she is defending</li> <li>• Staying between the person you are guarding and the basket</li> </ul>
<p><b>Shooting skills</b></p> <ul style="list-style-type: none"> <li>• Squaring feet and shoulders to sight the target</li> <li>• Push with both legs</li> <li>• Follow through (release) – first without ball/then with ball</li> <li>• Close range shots</li> <li>• Lay ups</li> </ul>		