



MEGA HOOPS: FUNDAMENTALS

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	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>Sharks and Minnows Select 2 participants to be the sharks. All remaining participants (minnows) line up across a baseline. The sharks will start at the halfway point facing opposite direction. To start the round have the sharks call out "IT'S LUNCH TIME!" Participants must attempt to get from one baseline to the other without getting caught (lightly tapped). When a minnow is caught they sit down to add obstacles for the remaining participants.</p>
15 mins	Fundamental Movement Skill Development	<p>Beanbag/Tennis Ball Toss Partners stand 3-5 feet apart with one beanbag or tennis ball. Players practice tossing the object back and forth. Load the drill by challenging players to catch with their weak hand, stand on one leg, take a step back, underhand/overhand, bouncing (tennis ball) etc.</p> <p>Wall Passing Each player finds a basketball and a space on the wall. Have players practice passing against the wall – bounce pass, chest pass, overhead pass, one handed push pass etc.</p> <p>LOAD: In partners or groups of 3, first person in line bounce-passes the ball to the wall and then moves out of the way while his/her partner grabs the ball and does the same – the game continues.</p>



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20 mins	Fundamental Basketball Skill Development	<p>Partner Passing In groups of 2 or 3 with one ball, practice each of the following passes. 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. Correct for proper form, focusing on following through each time with palms finishing outwards and thumbs pointing down to the floor.</p> <p>LOAD 1: Partner passing on the move. After a pass is made, the passer runs to touch a pylon or line 5-10 feet behind the passing line. As they come back to their starting position, instruct players to show a target with their hands in order to receive the ball back from their partner.</p> <p>Name Passing Players get in groups of three with one ball. They stand about 10-12 feet apart with the receiver(s) having his/her back to the passer. The passer calls out the name of the receiver, pauses for 1 second, and then passes the ball. The receiver immediately turns when he/she hears their name called, locates the ball and catches it. With younger age groups, begin by using a bounce pass. As players progress, allow them to throw some passes outside the frame of the receiver's body. This will challenge the receiver's ability to turn quickly and track the ball.</p> <p>Crocodile Passing The object of the game is to teach passing and catching while progressing towards the hoop. The floor is the 'water', which is filled with basketballs that like to eat basketballs that drop into it. Spread out 2-3 players under a hoop with one ball. The player with the ball passes to someone and moves forward to an open space. Whomever the ball was passed to needs to catch the ball without it hitting the floor (crocodiles are waiting!) They then pass to a different teammate, advancing forward. Keep passing like this until the team is close enough to the basket for someone to take a shot. LOAD: Use two basketballs.</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>