



Mega Hoops Learn to Train

(ages 8-11 females, 9-12 males)

The goal at this stage of development is for children to master fundamental movement skills and to be introduced to the basic technical/tactical basketball skills. The focus should be on training, with competition used strategically and sparingly as a valuable tool to consolidate skills, practice decision making, and learn how to cope with physical and mental challenges. The coach's primary goal should be to ensure that all players have a fun and positive experience, fostering a love for the game and for physical activity more generally. Participation in other sports should be encouraged, allowing children to continue building a strong athletic base.

Ontario Basketball recommends that Mega Hoop's 10 Learn to Train 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>Fundamental movement skills <i>(developed and refined)</i></p> <ul style="list-style-type: none"> • Agility • Balance • Coordination (throwing & catching) • Proper running technique – forwards, sideways & backwards • Change of speed and direction • Jumping and landing • Starting and stopping Pivoting-front & reverse 	<p>Fundamental basketball skills</p> <p>Ready Position (without ball)</p> <ul style="list-style-type: none"> • Movement – change of direction, change of pace, faking • Vision, play with eyes up, scanning <p>Ready Stance (with ball)</p> <ul style="list-style-type: none"> • Triple threat • Holding the ball • Footwork – pivoting (front & reverse) • Jump stops, stride stops • Starting – being able to push off effectively with both feet 	<p>PLAYING PRINCIPLES</p> <p>Offensive Concepts</p> <ul style="list-style-type: none"> • Playing with a purpose of scoring • Playing 1-on-1 • Spacing 3 to 4 metres • Give and go • Cut and replace/fill • Read the defence to attack & score <p>Defensive Concepts</p> <p>**more time should be spent on offensive concepts than defensive concepts in this stage</p> <ul style="list-style-type: none"> • Introduce stance • Staying in stance between your player & the basket • Guarding the ball – maintain a gap b/w defender & ball handler • Towards the end of this stage introduce defensive 'triangle' (ball-you-man) • Helping your teammates • Recover to your player when he/she received the ball • Sprinting back on defense
<p>Dribbling</p> <ul style="list-style-type: none"> • Stationary dribbling right/left hand • Dribbling while moving with left/right hand in all directions • Speed dribble, control dribble, change of direction with left/right • Vision- handle the ball while scanning the floor 	<p>Passing and catching</p> <ul style="list-style-type: none"> • Introduction or refinement of basic stationary passes (chest, bounce, overhead, baseball) • Passing and catching on the move • Passing and catching against an opponent 	
<p>Shooting</p> <ul style="list-style-type: none"> • Introduce 'Ready, Up, In' concepts • Introduce or refine lay-up technique from both sides 	<p>Developing One-on-One skills</p> <ul style="list-style-type: none"> • Triple threat stance, squaring to basket • Reading the defense • Ball & foot fakes (small & quick) 	<p>Getting open</p> <ul style="list-style-type: none"> • Moving to get open • Coming to the pass • Pivot to be an offensive threat