



Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	Dynamic Warm-Up	<p>Players line up on the sideline. Demonstrate the movement with proper technique Have players perform the movement from one sideline to the other – run backwards back to starting point between each movement.</p> <ul style="list-style-type: none"> • Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i> • Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i> • Hug and shrug – pull shin and knee towards chest and ‘pop’ up on toe. Release and repeat other side. 747’s – arms extended horizontally out to sides (like the wings of an airplane), balancing on one foot, lean forward keeping a straight back • Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side. • Squat – holding ball overhead with two hands, feet shoulder width apart, weight on heels, bend knees as if sitting down in a chair, keep back straight. • Inch worms (with or w/out ball) – walk hands out on the floor into a plank position, then walk feet back up to meet hands. Repeat. • Hop on right/left foot/side-to-side (while dribbling ball)
10 mins	Warm up Game	<p>Dribble Tag Identify 2-3 players as “It” with a coloured pinnie. These players run around trying to lightly touch the other players. When a player gets tagged, they must freeze where they are touched. The frozen players can become unfrozen by getting a ball bounced between their legs by the other dribblers. The ball that unfreezes them cannot be their own – another dribbler must unfreeze them.</p>
15 mins	Fundamental Movement Skill Development	<p>Follow the Leader The coach leads players dribbling around the gym performing the following actions: -walking/running -back peddling -sliding sideways -dribble high/dribble low -crossovers (dribble wide)</p> <p>One, Two, UP! Have participants space out around the gym (without a basketball). Instruct them to practice their “one, two, UP!”</p>



		footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.
20 mins	Fundamental Basketball Skill Development	<p>Lay-Up Progression Introduce or review proper lay-up technique, progressing from stationary (hitting the ‘magic’ spot on the top corner of the box on the backboard), to a one-step layup, to a two-step layup.</p> <p>Stationary: Players line up behind the right hand blocks at either end of the court, with a ball. First player shoots the ball, aiming for the top corner of the box drawn on the backboard. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left side (and emphasize using the left hand!)</p> <p>One-Step Layup: Players line up one step behind the right hand block at either end of the court, with a ball. First player takes one step with the inside foot and, driving the opposite knee upward, shoots a layup with the outside hand. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left hand side.</p> <p>Two-Step Layup: Players line up two steps behind the right hand block at either end of the court, with a ball. First player takes a step with the outside foot, and a step with the inside foot and, driving the opposite knee upward, shoots a layup with the outside hand. Player retrieves his/her own rebound and runs to the end of the line at the opposite end of the court. Switch to the left hand side.</p> <p>Circle Lay Ups Two players start as passers, one behind the other to the side of the basket each with a ball. The remaining players begin outside the 3 point line at a 45 degree angle to the hoop. The first player in line sprints to the basket and receives a short pass from the first player with a ball – this player shoots a lay-up, retrieves his/her ball and then becomes a passer. After passing the ball, the passer goes to the end of the cutting line etc. etc. Change up the angle of the lay-up line to practice different kinds of lay-ups.</p> <p>LOAD 1: Challenge participants by creating two or more teams that compete against each other for most made lay-ups.</p>



MEGA HOOPS: LEARN TO TRAIN

LESSON 5

Focus: Lay-Ups

		<p>Sweep and Go Lay-ups Players line up on the baseline outside the 3 point line, with a ball. Players will self toss the ball along the three point line, run and catch the ball stopping on two feet. Players will practice squaring up to the basket and crossing over and dribbling either right or left, finishing with a layup.</p> <p>LOAD 1: Standing in the key, the coach provides guided defense that the player must read – i.e. if the coach steps up to defend the player, he/she pulls up for a shot. If the coach does nothing, the player continues to drive to the basket for a layup.</p>
5 mins	Cool down & Debrief	<p>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></p>