




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"> <li>• Drinking bird – <i>balance on one foot, reach down and touch floor with other hand</i></li> <li>• Frankenstein – <i>with straight legs, walk forward touching opposite arm to toe.</i></li> <li>• 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</li> <li>• Forward lunge– holding ball overhead with two hands, lunge forward with the right leg, keeping knee in line with toes. Repeat on left side.</li> <li>• 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.</li> <li>• 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.</li> <li>• Hop on right/left foot/side-to-side (while dribbling ball)</li> </ul>
10 mins	Warm up Game	<p><b>Chase the Tail</b>          Divide players into groups of four. Three of the four players form a human chain, each holding onto the waist of the person in front. The fourth player attempts to tag the last person in this chain (i.e. “chase the tail”) while the other three players work to move together to protect him/her.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Agility Cutting</b>          Have athletes move around the gym at half speed, making a hard 45 degree cut every 5 steps. Teach participants to plant the foot sharply, toes pointed straight ahead, with ankle and knee bent and tracking over the toes. Participants should accelerate for a few steps out of the cut.</p> <p><b>LOAD 1:</b> Coach randomly calls out the order to “CUT!” so that athletes must react quickly and unexpectedly  <b>LOAD 2:</b> Jump stop and cut – teach athletes to come to a controlled two-foot jump stop before changing direction.</p> <p><b>Stack the Cones Relay</b>          Divide participants into groups of four, starting on the</p>



		<p>baseline. In front of each team is a stack of 4 cones located around the foul line. When the coach says “Go!” the first athlete in each line sprints out and grabs one cone from their stack and brings it back. Each team member follows suit until all of the cones are on the baseline. Then, each member of the team must return a cone to the foul line where they started. Repeat the relay, asking the players to use the other foot to change direction.</p>
<p><b>20 mins</b></p>	<p><b>Fundamental Basketball Skill Development</b></p>	<p><b>Four Corners</b>  Set up four pylons in a square. Four players start on the outside, one at each of the pylons, and one player starts in the middle of the square. The players on the outside score one point every time they move from one pylon to another. The player in the middle can get out of the middle if he/she can move to an open pylon before one of the perimeter players.</p>  <p><i>Note: You can adjust the size of the square to make it more or less difficult for the defender.</i></p> <p><b>Pass, Cut, Fill</b>  Form two lines, one at the top of the key with a basketball, and one on the wing without. The first player at the top makes a pass to the wing. The passer then immediately makes a cut to the basket, showing a ten finger target and receiving a pass back from the wing player and attempting a lay-up or a two-foot jump stop. After getting his/her rebound, the player rotates back to the end of the line.</p> <p><b>LOAD 1:</b> Make a third line of players on the wing, keeping only one player at the top with a ball. After the top player passes and cuts, teach the wing player to fill the empty top spot.</p> <p><b>Ultimate Basketball</b>  This game is played with the same rules as Ultimate Frisbee. Use a standard basketball court with room after the baseline as the ‘end zone’, marked with pylons. One team passes without dribbling towards the other teams’ end zone. If they are able to receive the ball with two feet across the end zone line they get a point. If players travel or turn the ball over, the other team takes over attacking the opposite end zone. If a</p>



## MEGA HOOPS: LEARN TO TRAIN

### LESSON 6

#### Focus: Getting Open

		team scores they turn and throw the ball towards the other end zone, the defenses chases the ball and attacks the same end zone the point was just scored on (this is the only time teams switch directions). Players must focus on making good passes and moving to get open without the ball to be successful in this game.
5 mins	<b>Cool down &amp; Debrief</b>	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>