



**MEGA HOOPS: LEARN TO TRAIN**

**LESSON 8**

**Focus: Jab Step & Ball Fakes**

<b>Time</b>	<b>Practice Section</b>	<b>Activity &amp; Teaching Points</b>
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- 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>Line Tag</b> Ask for participants to volunteer to be 'it'. Everyone can only travel on the lines of the floor. The participants who is 'it' is trying to tag those who are not 'it' and when they do tag a student, that student freezes and blocks that line from being travelled until another participant goes through their legs to 'unfreeze' them. As participants are moving around the space, the coach calls out various movements (forward, backwards, skip, shuffle sideways, hopping etc.) and students must move along the lines accordingly.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Self Toss</b> Players space out around the gym with a ball. Players practice self-tossing the ball and coming to a two foot jump stop. Progress to establishing a pivot foot, and squaring up to the 'basket' in triple threat position. 'Triple Threat' means that a player is in a position to 1) drive 2) shoot or 3) pass. Players should be in a low, athletic stance, with feet shoulder width apart and the ball near hip with elbow bent at 90 degrees.</p> <p><b>LOAD 1:</b> Demonstrate and practice the shot fake, pass fake</p>



		<p>and jab step after a self-toss.  <b>LOAD 2:</b> Demonstrate and practice the crossover step after a self-toss.</p>
<p>20 mins</p>	<p><b>Fundamental Basketball Skill Development</b></p>	<p><b>'Coach' Says</b>          Have participants line up on the baseline. The coach will give a series of instructions. If the instructions are preceded by the phrase "Coach says", the participants must perform the action. If the instructions are not preceded by the phrase "Coach says", but the participants do the action anyways, they must return to the baseline. First player to make it to the opposite baseline wins.  <i>Actions:</i>          -walk/run forward          -walk/run backwards          -stride/two foot/stutter stop          -pivot forward/pivot backwards          -jab left          -jab right          -pass fake</p> <p><b>Monkey in the Middle</b>          In groups of three with one ball/group, begin with two players 8-10 feet apart and the third player guarding one player. Demonstrate the five different passing 'windows', and how to fake through one window and pass through another. The player being covered is in triple threat position and must use his/her pivot foot, jab steps and ball fakes to get around the defender and pass to their partner. The passer follows his/her pass to close out on the ball and become the new defender.</p> <div data-bbox="1154 999 1417 1344" data-label="Image"> </div> <p><b>Jab, Dribble, Lay-up</b>          Players partner up with one ball/pair. First player self-tosses the ball, catches and gets into triple threat position. Player jab steps and takes one dribble left or right towards the basket. Player gets his/her own rebound and passes to partner.  <b>LOAD 1:</b> Partner becomes guided defense  <b>LOAD 2:</b> Pass, close-out to live 1 vs. 1</p>
<p>5 mins</p>	<p><b>Cool down &amp; Debrief</b></p>	<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>



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