



**MEGA HOOPS: LEARN TO TRAIN**  
**LESSON 9**  
**Focus: Offensive Motion Concepts**

<b>Time</b>	<b>Practice Section</b>	<b>Activity &amp; Teaching Points</b>
<b>5 mins</b>	<b>Welcome, Introductions &amp; Expectations</b>	Greet participants and set expectations for the session.
<b>5 mins</b>	<b>Dynamic Warm-Up</b>	<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>
<b>10 mins</b>	<b>Warm up Game</b>	<p><b>Sharks and Minnows</b></p> <p>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 “I’TS 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>
<b>15 mins</b>	<b>Fundamental Movement Skill Development</b>	<p><b>Red, Blue, One, Two</b></p> <p>Participants line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (e.g. side-to-side, Ski jumps etc.) and then when coach yells “Red” or “Blue” the athletes run in that direction. Red is one way, Blue is the other. You can add 1 and 2 if they can easily remember Red and Blue.</p>



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		<p><b>Self-Toss</b> Players spread out around the court with a ball each. Demonstrate how to 'self-toss' the basketball, putting backspin on the ball so that it comes back to you. Have participants practice self-tossing the ball to themselves, coming to a 1) two foot jump stop 2) stride stop, and 3) front/reverse pivot.</p>
20 mins	<b>Fundamental Basketball Skill Development</b>	<p><b>Four Corner Dribble &amp; Pass Decision Making</b> Place four pylons around the key making a square with players behind each pylon (only one basketball). Two coaches stand in-between the pylons on opposite sides of the square. The player with the ball begins by dribbling into the centre of the square. The coach will move either right or left, blocking one of the passing lanes. The player with the ball makes a pass to the player standing in the open corner, and then fills the line immediately to his/her right. The player who received the ball now dribbles into the centre of the square, passing to the corner the coach leaves open.</p> <p><b>Dynamic 1-on-1</b> Participants line up on the baseline outside the three point line. The coach stands at the 45 degree mark. Players will make a pass to the coach, and then follow their pass up the three point line. If the coach holds the basketball with his/her inside hand, the player will take the ball and drive baseline. If the coach holds the ball with his/her outside hand, the player will run around behind the coach, take the ball and drive middle.</p> <p><b>LOAD 1:</b> Add a second defensive line on the baseline inside the 3 point line. The defender must slap the coach's empty hand before playing defense, giving the offensive player a 1 second advantage.</p> <p><b>LOAD 2:</b> Add an offensive line on the opposite wing. Have this player move to open space and receive a pass for a shot from the first offensive player.</p> <p><b>LOAD 3:</b> Add a defender on the wing player. This defender can decide whether or not to help on the drive, or stay on his/her man. Drill will progress to live 2-on-2.</p>
5 mins	<b>Cool down &amp; Debrief</b>	<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>