



MEGA HOOPS: LEARN TO TRAIN

LESSON 1

Focus: Footwork

Time	Practice Section	Activity & Teaching Points
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"> • 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>Chase the Tail 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>ABC Movements Have participants line-up on the sideline and practice the following jump stops 1) two foot 2) stride stop 3) stop and forward pivot 4) stop and reverse pivot.</p> <p>Ladder Footwork Use the badminton alleys as your ladders. 5 athletes in each line in front of the alley. Vary up the ways you go through the lines. High knees; 2 foot hops; 2-out/2-in, etc. --be creative!</p>
20 mins	Fundamental Basketball Skill Development	<p>'Coach' Says 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</p>



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		<p>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.</p> <p><i>Actions:</i> walk/run forwards & backwards; stride/two foot/stutter stop; pivot forward/pivot backwards</p> <p>Self-Toss 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. LOAD: Practice self tossing at a basket.</p> <p>Dynamic 1-on-1 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>LOAD 1: 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>LOAD 2: 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>
5 mins	Cool down & Debrief	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>