



MEGA HOOPS: LEARN TO TRAIN
LESSON 2
Focus: Ball Handling

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 Each player is dribbling a basketball. Identify 2-3 players as “It” with a coloured pinnie. These players attempt to lightly tag the other players, while dribbling. When a player gets tagged, they must freeze where they are touched. The frozen players can become unfrozen by having a teammate bounce hi/her basketball under their legs.</p>
15 mins	Fundamental Movement Skill Development	<p>Tennis Ball Agility In groups of three, two players stand 6-10 feet apart holding a tennis ball (or basketball) each, with the third player standing half way in between in a low, athletic stance. One of the outside players drops his/her tennis ball, and the middle player must move laterally to catch. Challenge players to catch the ball after only 2, 1, 0 bounces etc. Have each player go 3-5 times before switching.</p> <p>Follow the Leader If possible, every player starts with a basketball. The coach leads players dribbling around the gym performing the following actions: walking/running; back peddling; sliding</p>



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		sideways; dribble high/dribble low; crossovers (dribble wide)
20 mins	Fundamental Basketball Skill Development	<p>Guess Who Have players form a big circle, each with a ball. Choose one player to be 'It' and have this player stand in the middle and close his/her eyes. Choose one player around the circle as the secret 'leader' who will lead the group in ball handling drills. The others must keep their eyes up and follow the leader. The player who is 'It' opens his/her eyes and tries to guess who is the leader. The leader should switch the action as often as possible when 'It' is not looking. The leader can lead the group in the following ball handling drills: <i>Finger tipping, around the head/waist/legs/ankles, figure 8's, power dribbles, high/low dribbles, cross over, push/pull, figure 8 dribbles, patty cakes.</i></p> <p>Dynamic Partner Dribbling Players line up on the baseline in groups on two with one basketball. They take turns running the length of the floor dribbling the basketball in their outside hand. LOAD 1: Partner runs beside dribbler. LOAD 2: Partner runs shoulder-to-shoulder to dribbler LOAD 3: Partner gives a gentle 'bump' to dribbler ever 2-3 steps. LOAD 4: Position a coach at half-court. Whenever coach shows a 10-finger target, player with the basketball must give and receive a pass.</p> <p>Partner Keep-Away In partners or groups of three, players dribble within a designated area and try to steal each other's ball while maintaining their dribble. If the ball is knocked away, reset and begin again. Encourage players to dribble with their eyes up using both hands, and to keep their off arm up to protect the ball. LOAD: Designate a playing area and put all groups together for one large game of 'Keep Away'. Once a player's ball is knocked out of bounds, he/she stands on the border of the playing area and can attempt to knock other player's basketballs away from a stationary position. Continue to shrink the playing area as the number players decrease.</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>