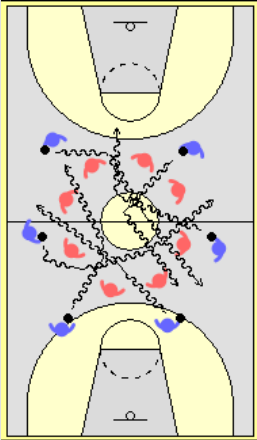




MEGA HOOPS: FUNDAMENTALS

LESSON 5

Focus: Ball Handling II

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	ABC's- Animal Warm up	<p>Players line up on the sideline. Demonstrate the 'animal walk' with proper technique (animal noise included☺). Have players perform the movement from one sideline to the other. Introduce a new animal walk each day. Examples:</p> <p><i>Horse—gallop like a horse (skipping)</i> <i>Dog—walk on hands & feet, opposite arm and leg. To get a good hip stretch, occasionally have the dog raise its leg to a pretend tree</i> <i>Flamingo—balance on one foot, reach down and touch floor with other hand</i> <i>Kangaroo—hopping on two feet</i> <i>Frog—squat down and explode out into a two foot jump</i> <i>Duck—walk in a crouched position. Keep the arms wing-like</i> <i>Frankenstein—with straight legs, walk forward touching opposite arm to toe.</i></p>
10 mins	Warm up Game	<p>Mousetrap</p> <p>Divide the group into two separate teams. One forms a circle that on command can join hands (the mouse trap). The other players (the mice), each have a ball and are dribbling outside the circle. The coach tells the players that the mousetrap is now open, and players freely dribble in and out of the circle. When the 'mice' enter the circle, they cannot exit through an adjacent space. When the coach gives the visual signal for the mousetrap to close, the players in the circle join hands, trapping any dribblers inside. See how many mice you can trap!</p> 
15 mins	Fundamental Movement Skill Development	<p>Red Light/Green Light</p> <p>Have participants line-up on the baseline with the Coach at centre court. When the Coach turns his/her back and calls 'Green Light', participants move forward using a pre-determined locomotion (forwards, backwards, sliding sideways etc.). When the Coach turns to face the participants and calls 'Red Light', participants must come to a complete stop. Each round, have participants practice a different jump stop 1) two foot 2) stride stop 3) stop and forward pivot 4) stop and reverse pivot.</p>



MEGA HOOPS: FUNDAMENTALS

LESSON 5

Focus: Ball Handling II

		<p>Follow the Leader</p> <p>The coach leads players dribbling around the gym performing the following actions:</p> <ul style="list-style-type: none"> -walking forwards/backwards -running forwards/backwards -sliding sideways -dribble high/dribble low -crossovers (dribble wide) -change of direction -change of speed
20 mins	Fundamental Basketball Skill Development	<p>Dynamic Partner Dribbling</p> <p>Players line up on the baseline in groups of two with one basketball. They take turns running the length of the floor dribbling the basketball in their outside hand.</p> <p>LOAD 1: Partner runs beside dribbler.</p> <p>LOAD 2: Partner runs shoulder-to-shoulder to dribbler</p> <p>LOAD 3: Partner gives a gentle 'bump' to dribbler every 2-3 steps.</p> <p>Cat and Mouse</p> <p>Players line up with a partner on opposite sides of the centre line. Each player is designated either a 'Cat' or a 'Mouse'. When the coach calls out the word 'Mice!' all of those players must dribble past a designated 'safety area' before the 'Cats' can tag them and vice versa. Once tagged, the player must join the other side until there is either one 'cat' or one 'mouse' remaining.</p>
	Cool down & Debrief	<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>