



MEGA HOOPS: FUNDAMENTALS

LESSON 7

Focus: Shooting 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>Witches' Stew</p> <p>This game is enhanced with some acting on the part of the activity leader. Divide participants into four groups and send each group to different corners of the activity space. Name each group a stew ingredient (e.g. potatoes, carrots, etc.). The instructor stands in the centre of the activity, and in their best witch voice, they call one ingredient at a time to be added to their stew. When called, the group runs into the centre and jogs in a circle around the coach. Once all groups have been called, begin stirring faster and say, "It's getting hotter". This is a cue for children to increase their speed. When the leader says, "It's boiling", the children stop running and start hopping up and down. When the leader yells, "DINNER IS READY!" the children must run back to their corner while the leader chases. Any children caught become a chef in the middle with the leader for one round.</p> <p>LOAD: Add basketballs.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements</p> <p>Have participants line-up on the sideline and practice the following jumps 1) star jumps 2) pencil jumps 3) tuck jumps 4) 180 jumps. Instruct athletes to land as quietly as they can.</p> <p>One, Two, UP!</p> <p>Have participants space out around the gym (without a basketball). Instruct them to practice their "one, two, UP!" footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.</p>



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20 mins	Fundamental Basketball Skill Development	<p><i>***If the basket cannot be lowered to an appropriate height, take a hula hoop and drape it over the back of the net to create a lower target</i></p> <p>Form Shooting Players stand 2 to 5 feet from the basket and shoot perfect shots into the basket. Emphasize on perfect form and taking their time to take the shot – players must finish on their toes and hold their follow through. Challenge players to make a perfect swish (no rim or backboard). Review Frog Shooting if necessary (See Shooting I)</p> <p>Dribble Through Cones to Lay-Up Put 3 or 4 cones in a line facing the hoop. Use all hoops and both sides of the hoops. Have the athletes dribble through the cones with eyes up into a lay-up. They must dribble with the hand away from the cone (defender). Always have the ball, body and then defender. Body between ball and defender (i.e. the cone)</p> <p>4, 3, 2, 1 Shooting Game Divide participants into teams. As a team, group must make 4 lay-ups, followed by 3 shots from the first hash-mark, 2 shots from the second hash-mark and 1 shot from the free throw line. First team sitting with their hands on their heads is the winner.</p>
5 mins	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>