

**MEGA HOOPS: FUNDAMENTALS****LESSON 8****Focus: Basic Motion Offense Concepts**

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>Sharks and Minnows 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>
15 mins	Fundamental Movement Skill Development	<p>Red, Blue, One, Two 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> <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.</p>
20 mins	Fundamental Basketball Skill Development	<p>Four Corner Dribble & Pass Decision Making Place four pylons around the key making a square. Players form a line behind each of the pylons. The player at the start</p>



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		<p>of only one line has a 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. Drill continues for a set amount of time.</p> <p>Pass and Cut Players line up at the top of the key with a basketball. The first player at the top makes a pass to the coach on the wing. The passer then immediately makes a cut to the basket, showing a ten finger target and receiving a pass back from the coach and attempting a lay-up or a two-foot jump stop. After getting his/her rebound, the player rotates back to the end of the line.</p> <p>LOAD 1: Make a second line of players on the wing, keeping only one player at the top with a ball. After the top player passes, cuts, and receives a pass from the coach, teach the wing player to fill the empty top spot.</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>