



MEGA HOOPS: FUNDAMENTALS

LESSON 9

Focus: Basic Defensive 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>Dragon Tails</p> <p>Each player has a pinnie or piece of cloth tucked into his/her shorts, leaving a small 'tail' exposed. Within a designated area, players must attempt to steal other players 'tail' while simultaneously protecting their own. Encourage players to use their feet to pivot and turn to protect their tails. Blocking with the arms and hands is not allowed. See who can collect the most tails within a given amount of time.</p>
15 mins	Fundamental Movement Skill Development	<p>Foot Fire and Stance</p> <p>Coach yells "Stance" and the athletes get in a stance and they growl. Then stutter or foot fire; point right, left or back and the athletes hip turn; coach points to the floor and they get on the floor to grab a loose ball; coach points to the roof and the athletes grab a rebound and they yell "rip". Be creative!</p> <p>Knee Tag</p> <p>Athletes pair up and begin in a good athletic stance (knees bent, back straight, butt low to the ground). The object is to slap the inside or outside of your opponent's knees as many times as possible within a designated time period. This game works on agility and balance as players work to avoid being tagged by their opponents.</p>
20 mins	Fundamental Basketball Skill Development	<p>Zig Zag Drill</p> <p>Players line up in the corner on the baseline. One by one, players begin to slide in a zig-zag pattern down the court.</p> <p>LOAD 1: Partner up one offensive player/one defensive</p>



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		<p>player. Work up to live 1 on 1.</p> <p>Denial Stance Drill To practice the denial stance have players line up on the baseline and on the coach's cue they will slide up to the free throw line and back to the baseline, using perfect denial stance technique. Players should have one hand extended and in the imaginary passing lane while they remain low with their feet shoulder width apart.</p> <p>2 on 2 Have 2 players on each wing, 1 on offense and 1 on defense. The ball begins with the coach at the top of the key. Slowly pass from one wing to the other, practicing defensive movement. Rule #1: If you are guarding the player with the ball, you are tracing the ball. Rule #2: If a player is one pass away from catching the ball, the defender guarding this player must be in "deny" Rule #1: If a player is two passes away from catching the ball, the defender guarding this player must be in "help"</p> <p>LOAD 1: Progress to live 2 on 2 LOAD 2: Progress to live 3 on 3</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>