



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>Freeze Tag All participants have a basketball and are dribbling in this game. Select 2 participants to be "It". All other participants scatter around the play area. On the coach's signal, the "It" students move around the play area, dribbling a basketball and attempting to lightly tap the other participants. When a participant is tapped they must stand in the position they were tagged and become "frozen". A participant may become unfrozen by having another participant bounce a basketball through their legs. Once a frozen participant has been unfrozen he/she may re-enter the game. Switch who is "It" after 2-3 minutes.</p>
15 mins	Fundamental Movement Skill Development	<p>Ladder Footwork Use the badminton alleys as your ladders. 5 athletes in each line in front of the alley. Vary up the ways you go through the lines. High knees; 2 foot hops; 2-out/2-in, etc. --be creative!</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. LOAD: Practice self tossing at a basket.</p>



<p>20 mins</p>	<p>Fundamental Basketball Skill Development</p>	<p>Dynamic 1-on-1 Participants line up on the baseline outside the three point line. The coach stands at the 45 degree mark. Players will make a pass to the coach, and then follow their pass up the three point line. If the coach holds the basketball with his/her inside hand, the player will take the ball and drive baseline. If the coach holds the ball with his/her outside hand, the player will run around behind the coach, take the ball and drive middle.</p> <p>LOAD 1: Add a second defensive line on the baseline inside the 3 point line. The defender must slap the coach's empty hand before playing defense, giving the offensive player a 1 second advantage.</p> <p>LOAD 2: Add an offensive line on the opposite wing. Have this player move to open space and receive a pass for a shot from the first offensive player.</p> <p>3 on 3 Circle Drill Three offensive players are positioned outside the 3 pt. line; one at each wing, and at the point. The defenders begin inside the lane, matched up with an offensive player. The coach is positioned under the basket, along the baseline, with a basketball. When the coach says "circle" the defenders will begin circling to their left, always facing the offensive players so they cannot see the coach. When the coach passes to an offensive player, the defense must match up to his/her check. Play until a stop or score and then reset the drill.</p> <div data-bbox="1101 957 1406 1339" data-label="Image"> </div>
<p>5 mins</p>	<p>Cool down & Debrief</p>	<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>