



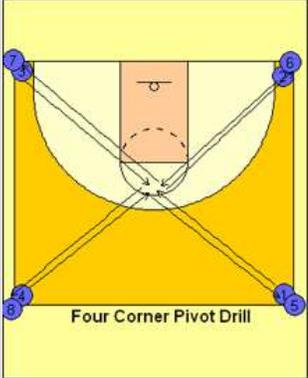
## MEGA HOOPS: FUNDAMENTALS

### LESSON 1

#### Focus: Footwork

Time	Practice Section	Activity & Teaching Points
5 mins	Welcome, Introductions & Expectations	Greet participants and set expectations for the session.
5 mins	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 &amp; 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><b>Dragon Tails</b> 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><b>Red Light/Green Light</b> 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> <p><b>Ladder Footwork</b> 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><b>20 mins</b></p>	<p><b>Fundamental Basketball Skill Development</b></p>	<p><b>Four Corner Pivot Drill</b>          Position an equal number of players in each corner of the ½ court. On the coaches’ command, the first players in each corner run into the middle of the ½ court and come to a stop; either a jump stop or stride stop (1, 2 stop), whichever the coach has asked for. The players will then pivot to the corner on their right foot, run to that corner and slap hands with the next person in line. The next person repeats the same action. The players execute either a front or reverse pivot in the middle. The drill can be made more enjoyable by having the players all arrive in the middle at the same time with a jump stop or a stride stop. As the players arrive they will “high 5” the player to the right and left of them.  <b>LOAD 1:</b> Have players dribble into the middle and execute the pivots.</p>  <p><b>Run Rabbit Run</b>          Player 1 starts at the foul line and Player 2 starts at the baseline. On a signal, Player 1 takes off running to the opposite baseline, with Player #2 trying to tag the back of Player #1. Once #2 hits the foul line, he/she changes direction and heads back towards the other basket. Player #3 now enters the contest trying to tag player #2. Continue for a set amount of time.  <b>LOAD 1:</b> Running backwards; side shuffle</p>
<p><b>5 mins</b></p>	<p><b>Cool down &amp; Debrief</b></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>