



## MEGA HOOPS: FUNDAMENTALS

### LESSON 2

#### Focus: Ball Handling

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 &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>Zoo Keeper Tag</b></p> <p>Players are paired up according to their abilities, designating a partner 1 and partner 2 in each pair. Have all partner 1's (Zoo Keepers) go to the center of the gym, face the center, and cover their eyes. Partner 2's (the Animals) "escape" by moving through space with a loco motor movement you choose and try to avoid their partners. On the command "ZOOKEEPERS, FIND YOUR ANIMALS!" the zoo keepers open their eyes and then must locate and gently tag their partner to 'capture' them. Have partners switch roles and repeat an equal number of times. Choose different loco motor movements i.e. walking, skipping, galloping, sliding, hopping (one foot), jumping (two feet), leaping etc.</p>
15 mins	Fundamental Movement Skill Development	<p><b>Red, Blue, One, Two</b></p> <p>Participants line up on the centerline. Have 1 foot on either side of the centerline. Do a movement at the center line (eg. side-to-side, Ski jumps) 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 'One' and 'Two' if they can easily remember Red and Blue.</p> <p><b>'Coach' Says</b></p> <p>Have participants line up on the baseline. The coach will give a series of instructions. If the instructions are preceded by the phrase "Coach says", the participants must perform the action. If the instructions are not preceded by the phrase "Coach says", but the participants do the action anyways,</p>



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		<p>they must return to the baseline. First player to make it to the opposite baseline wins. <i>Actions:</i></p> <ul style="list-style-type: none"> <li>-finger 'tapping', high/low</li> <li>-toss-clap-catch (challenge to see how many claps they can make)</li> <li>-around the head/waist/ankles/legs</li> <li>-dribble high, dribble low</li> <li>-crossover</li> <li>-close eyes</li> </ul>
20 mins	Fundamental Basketball Skill Development	<p><b>Partner Keep-Away</b></p> <p>In partners or groups of three, players dribble within a designated area and try to steal each other's ball while maintaining their dribble. If the ball is knocked away, reset and begin again. Encourage players to dribble with their eyes up using both hands, and to keep their off arm up to protect the ball.</p> <p>LOAD: Designate a playing area and put all groups together for one large game of 'Keep Away'. Once a player's ball is knocked out of bounds, he/she stands on the border of the playing area and can attempt to knock other player's basketballs away from a stationary position. Continue to shrink the playing area as the number players decrease.</p> <p><b>Memory</b></p> <p>Numbered pylons are placed randomly around the gym. Underneath each pylon is a distinctive object or playing card. Divide the group into two teams. Each team is given a time limit to dribble around looking underneath each pylon – players must remember where each object is located. Teams line up along opposite baselines. The coach calls out an object or card. One player from each team dribbles to the pylon and stands beside the one they think the object is located under. The team gets a point if the object is under the chosen pylon.</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>