



MEGA HOOPS: FUNDAMENTALS

LESSON 4

Focus: Shooting

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>Line Tag</p> <p>Ask for participants to volunteer to be 'it'. Everyone can only travel on the lines of the floor. The participants who is 'it' is trying to tag those who are not 'it' and when they do tag a student, that student freezes and blocks that line from being travelled until another participant goes through their legs to 'unfreeze' them. As participants are moving around the space, the coach calls out various movements (forward, backwards, skip, shuffle sideways, hopping etc.) and students must move along the lines accordingly.</p>
15 mins	Fundamental Movement Skill Development	<p>ABC Movements</p> <p>Have participants line-up on the sideline and practice the following jumps 1) star jumps 2) pencil jumps 3) tuck jumps 4) 180 jumps. Instruct athletes to land as quietly as they can.</p> <p>One, Two, UP!</p> <p>Have participants space out around the gym (without a basketball). Instruct them to practice their "one, two, UP!" footwork – step with the right, then the left, then drive the right knee and arm up as high as you can. Repeat other side.</p>
20 mins	Fundamental Basketball Skill Development	<p>Frog Shooting</p> <p>The purpose of this drill is simply to develop power from the legs, and teach children proper shooting form. Have each participant find a spot along the three-point line arc with a ball. Demonstrate the following steps of 'frog shooting':</p> <ol style="list-style-type: none">1) Perform a squat, place ten fingers on the ball.



		<p>2) Raise the ball to the forehead, keeping the elbow bent at 90 degrees. The player should be able to look under the ball to see the target at release.</p> <p>3) Pushing up with the legs, release the ball straight up in the air following through with a “hand in the basket”.</p> <p>LOAD 1: Have players begin several feet away from the basketball on the ground, and ‘frog hop’ with two feet towards the ball, exploding with their legs into the shot.</p> <p>LOAD 2: Have players practice frog shooting at a basket.</p> <p>Lay-Up Progression Begin by teaching proper lay-up technique, progressing from stationary frog shooting (hitting the ‘magic’ spot on the top corner of the backboard), to a one-step layup, to a two-step layup.</p> <p>1,2,3 Shooting Game <i>**If the basket cannot be lowered to an appropriate height, take a hula hoop and drape it over the back of the net to create a lower target</i></p> <p>Pair up the players and send them to a basket. 3 cones are lined up diagonally from the backboard – 1 step back, 2 steps back and 3 steps back. Keep the cones in the athlete’s shooting range so that they can have success. First player shoots three shots and counts his/her points and then the second player shoots. Players keep track of their points and try to beat their previous score.</p> <div data-bbox="1117 1045 1417 1413" data-label="Image"> </div> <p>Rules: Only shots off the backboard count; 1 pt. for a made shot behind cone #1; 2 pts. for a made shot behind cone #2 3 pts. for a made shot behind cone #3</p>
<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>