



LESSON #2

* Bring permanent marker to label balls of players who haven't done so. Have players divided into teams before the session. No balls will be needed for the activities in this session.

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

Active Warm Up Activity:

Evolution

- Players are scattered in an area on the court
- All players start out as an egg and bend down in a tuck position with arms around their knees so they look like an egg
- When the game starts, each player must find another egg, introduce themselves and play a game of rock, paper, scissors
- The player that loses stays an egg and the player that wins becomes a chicken, placing their arms as wings and making chicken noises as they walk around
- The chicken looks for another chicken and the egg looks for another egg to introduce themselves to each other and play rock, paper, scissors
- If players wins as a chicken they become a dinosaur, placing their hands out and roaring like a dinosaur; if players lose as a chicken, they go back to being an egg
- Dinosaurs then find other dinosaurs who they play and if they win they become an ultimate being, if they lose as a dinosaur they go back to being a chicken
- Ultimate beings raise their hands over their head like superman and look for other ultimate beings to play
- Goal is to have all players as ultimate beings

Lesson #2 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Balance (See Coaches Manual – Chapter 9.2)
- **Fundamental Skill:** Basic Movements and Stopping
- **Goal:** To master fundamental movements and learn to stop in control and balanced

Teaching Points: Stopping

Two-Foot Jump Stop

- Player begins in ready position and moves forward
- Body lowers, two feet land simultaneously, slightly staggered
- Body lowers, knees bend, arms balance
- Body in ready position

Stride Stop

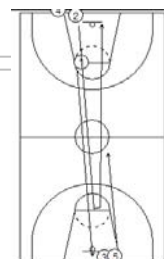
- Player begins in ready position and moves forward
- Body lowers, feet land one foot after the other, slightly staggered
- First foot to contact floor becomes pivot foot
- Body lowers, knees bend, arms balance
- Body in ready position



Activity:

Stop and Go

- Players in scatter formation
- Players run on spot
- On whistle, players execute a two foot (one beat) jump stop
- Repeat with:
 - Faster run on the spot
 - Quieter jump stop. (Try to land softly)
 - Repeat, three steps with stride stop
 - Repeat, with players running around court making two foot jump stops or stride stops on the coach's whistle
 - *As the players jump stop, have them verbalize aloud: **"Jump Stop!"**
- Keep the drill short and vary the signals to keep players alert.



Run Rabbit Run

- 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 head back to the other basket
- Player #5 now enters the contest and try to tag player #2

Red Light/Green Light

- Players spread out along baseline, coach at center
- Coach calls out "Green Light", players run forward
- Coach calls out "Red Light" players stop and get in stance
- Players try to run to other end of court, if not in stance on "Red Light", players are eliminated
- Repeat until one player left
- Play several times
- >> **Load:**
 - Make the players balance on one foot and start moving from one foot
 - Change the type of movement – transform to animal walks; stop in fun positions

Introduce and Play Modified Game (3-on-3):

1	Blow whistle, bring players into center court
2	Introduce the concept/object of the game in simple terms
3	Introduce the court and equipment (basket, out of bound lines)
4	Introduce the rules (Dribble Rules, Traveling Rules, Defense Rules)
5	Introduce referee, explain role in game
6	Explain shift rotations, substitutions and equal time
7	Put players into balanced teams
8	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements (Coaches give out uniforms to players)
3	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Evaluate teams for balance and make necessary adjustments
- Coaches meet