



# LESSON #3

|   | 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:

#### Numbers

- All player have a ball and dribble all over the court
- Coach blows whistle and yells 'groups of 5'
- Players have to get into a group of 5 as quickly as possible
- The last group to form or players that do not make a group are eliminated and stand on the perimeter of the court dribbling a ball
- Players continue dribbling the ball all over the court and the coach blows the whistle and asks players to get into 'groups of \_\_\_' (coach can pick any number)
- Repeat until there is a winner

### Lesson #3 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss Communication (See Coaches Manual – Chapter 9.3)
- **Fundamental Skill:** Ball Handling (Toss/Catch, Ball Familiarization)
- **Goal:** Become comfortable with handling the ball

### Teaching Points: Ball-Handling

#### Toss and Catch

- Throw ball into air with two hands
- Extend hands above the head where ball will land
- Receive ball with two hands
- Cushion ball on reception and bring it in tight to body at chest or waist level

#### Ball Familiarization

- \* Keep eyes and head up
- **Hand Slaps:** Hold ball with two hands using fingertips for grip, slap ball back and forth between hands
- **Finger Tipping:** Tap ball between hands with fingertips (Different heights, different distances from body)
- **Funnel:** Continue tapping the ball between fingertips and move the ball down in front of the body and down to the floor and then back up over head
- **Body Circles:** Circle ball around different parts of the body (head, waist, knees, ankles)

### Activity:

#### Experimental Toss

- Players in scatter formation with ball
- On whistle, toss ball into the air and receive it
- Repeat, giving specific directions on how to toss ball
- Use different ways to toss ball (high, low, close, far etc.)
- Allow players to experiment after following instructions



*Tossing With Movements*

- Repeat previous drill, adding movements for players while ball is in air
- Movements (clapping hands, 1/4 turn, 1/2 turn, jog on spot)
- >> **Load:**
- When players toss the ball, have them jump and use a two-foot jump stop or stride stop when they catch the ball

*Ball Familiarization (Refer to Coaches Manual)*

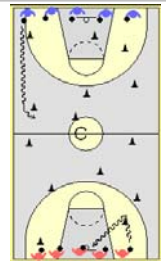
- Players in scatter formation with ball
- Coaches demonstrate ball familiarization progression, players imitate
- Try all of the ball familiarization skills

*Ball Handling Relay*

- Divide players into 2-4 teams and have teams line up on baseline
- Hand Slap ball to other baseline and back
- Tag the next player in line
- Repeat with Finger Tipping to the baseline and back
- Repeat with Body Circles around the waist and knees
- >> **Load:**
- Add pylons so that players must zigzag and change directions
- Focus on keeping eyes and head up

*Memory Chain*

- The group spreads out along the respective baselines; each player has a ball
- The first player must dribble to the pylon and perform a ball handling action (i.e. around the neck, around the waist, etc), and then dribble and score a basket
- The second person must go to the first pylon and repeat what the first player did and then go to a second pylon and perform a new task
- Each successive player must remember what the players in front performed



**Introduce and Play Modified Game:**

|   |   |
|---|---|
| 1 | On whistle, balls away, players sit quietly             |
| 2 | Coach calls out teams, players go to coach, set up game |
| 3 | Play the game   |

**Wrap Up:**

|   |   |
|---|---|
| 1 | Review the fundamental skill and life skill   |
| 2 | Make any announcements                        |
| 3 | End on a positive note (cheer), dismiss group |

**Post Lesson Tasks:**

- Coaches debrief