



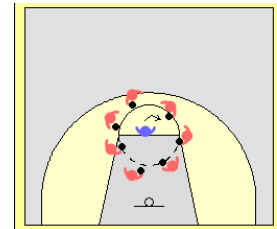
LESSON #5

	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

Warm Up Activity:

Guess Who

- Each player has a ball and stand in a circle
- One player is chosen as 'it' and stands in the middle and close his/her eyes
- Choose one player as the leader as he/she leads the group in ball handling drills
- The others must follow the leader
- When ready, the player who is 'it' opens his/her eyes and tries to guess who is the leader
- Note: The leader should switch the action as often as possible when 'it' is not looking



Lesson #5 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Focus & Determination (See Coaches Manual – Chapter 9.5)
- **Fundamental Skill:** Dribbling
- **Goal:** More Dribbling!

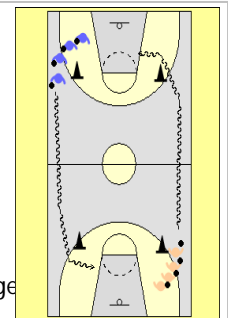
Activity:

Roller Derby

- Place four pylons in a rectangle to form a track (you decide the size of the race track).
- Place the players on two teams. It is best to have them wear different colors for ease of identification.
- Each player has a ball.
- On the signal to start, everyone on both teams starts to dribble around the track in the pre-determined direction.
- The object is to pass players of the opposing team.

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- The coach calls change or blows a whistle – the players who were at the end and at a disadvantage advantage if he/she can quickly change direction.

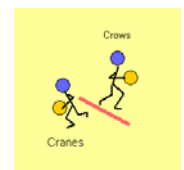


Wolves and Sheep

- All players with a basketball.
- Put 2-3 better ball handlers in centre circle. Others evenly divided in each key area (Sheep's Pen).
- When the coach hollers, "The Wolves are away", the sheep can come out of their pens and dribble around the outside of the gym.
- When the coach hollers, "The Wolves are home", the wolves can dribble out of the centre circle and try and tag a sheep, while dribbling.
- If they tag any sheep before they get back in either pen, they become wolves for the next hunt.

Crows and Cranes

- Players line up with a partner on either side of a line.
- The players are designated Crows or Cranes.
- When the coach calls out the word "crows", all of those players must dribble to a safety area before the "cranes" can tag them.
- Have another line a short distance away as the safety area.



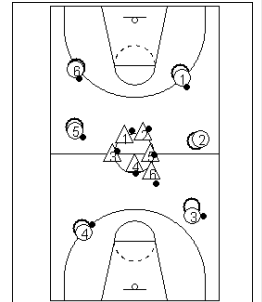


Castles

- Player's partner up; each pair has two basketballs, a hoop and some beanbags.
- The player inside the hoop protects the bean bags.
- The player outside the hoop visits the other hoops and attempts to steal the beanbags.
- If a player is tagged by the defender, he/she must visit another hoop.
- If a beanbag is stolen, the player returns to his/her home and switches places.
- The coach can also call switch forcing the players to switch positions.

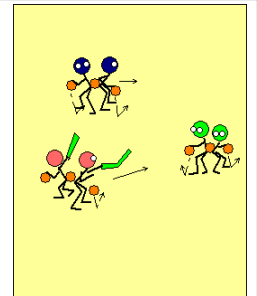
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- To add more basketball skills, make the players score a lay-up when tagged before they can return to attempt a steal.



Pressure Tag

- The players partner up with a teammate.
- They place a ball on their backs and must keep it there with pressure.
- Each player also has a ball that they dribble.
- At first, let them practice moving about, working together.
- When the tag game starts, one pair is given pool noodles.
- They are moving about trying to tag the other pairs.
- If tagged with the noodle, that pair now becomes "it". No re-tags allowed.



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