



# LESSON #7

	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:

### *Keep Away*

- Players in groups of 4 in square formation
- Two players inside the square are defense and their goal is to get the basketball
- The other players must pass the ball around to try and keep the ball away from the defense
- There is no dribbling allowed
- If defense intercepts the ball, defense becomes offense and player who made the pass goes on defense

## **Lesson #7 - Overview**

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Hard Work & Discipline (See Coaches Manual – Chapter 9.7)
- **Fundamental Skill:** Passing and Receiving
- **Goal:** Pass the ball to a target using a proper bounce pass; Control the ball on reception

## Teaching Progression: Passing

### *Bounce Pass*

- Start in triple threat position, identify target, call name of receiver
- Hold ball close to chest with two hands
- Fingers point to target, keep elbows close to sides, take one step towards receiver
- Extend arms forward at chest level, snap wrists
- Follow through so palms face outward and thumbs point to floor
- Bounce ball 2/3 of the distance to receiver

### *Receiving*

- Receiver gives a target hand
- Hands move to a position to receive ball, fingers pointing upwards with hands close together
- Eyes trace flight of ball, see ball into hands
- Hands cushion ball on reception, bringing ball in towards body
- Player gets into triple threat position on completion of reception

## Activity:

### *Partner Passing*

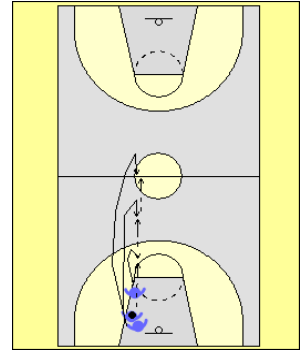
- Players in partners, 5 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver gives target
- Player with ball bounce passes to receiver
- Repeat, with partners passing back and forth 10 times
- >> **Load:**
- Repeat, increasing distance between partners (1 giant step back)



**STAGE: FUNDAMENTALS**

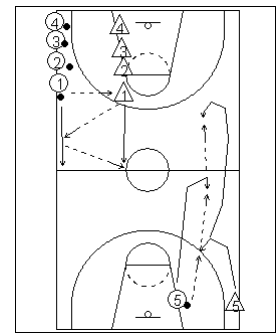
*Crocodile Passing*

- The floor is the water, which is filled with crocodiles who like to eat basketballs that hit the water.
- Spread out 2-3-4 players under a hoop with one basketball.
- The player with ball passes to someone and moves forward to an open spot.
- Whomever the ball was passed to needs to concentrate and catch the ball without it hitting the floor (crocodiles are waiting).
- They then pas to a different person and moves forward.
- Keep passing until everyone catches it at least once; get close to the other basket, and then someone shoots.
- As that group reaches half way up the court, get another group of 2-3-4 players moving.



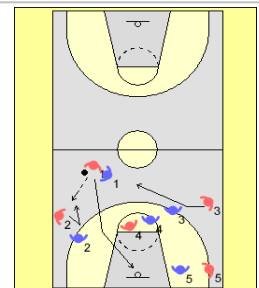
*Partner Pass and move*

- The objective is to have the players be able to pass and move.
- The first action is to pass to the side.
- On the return, the object is to run ahead and in front of the ball to receive the pass.
- You are just introducing the concept, so have the children go slow and stay close together.
- You will have to assist them on the timing of when to moce.
- You can have them score at the basket.



*Ultimate*

- Real basketball with no dribbles
- It forces players to move without the basketball.



**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