LESSON #10

	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 meting to review the days lesson	**5**	Review previous week's lesson

Warm Up Activity:
The Land of the Raptors
* This game is essentially British Bulldog with dribbling added
• Choose 2 players to be Raptors and put the Raptors in the middle of the court to start
• The rest of the players start on the baseline
• On the whistle, players run through *The Land of the Raptors*
• If a Raptor tags a player, that player becomes a Raptor as well
• Keep playing until only 1 player is left

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<u>Lesson #10 - Overview</u>
• Introduce the life skill and fundamental skill of the day while the players stretch
• **Life Skill:** Responsibility (See Coaches Manual – Chapter 9.10)
• **Fundamental Skill:** Triple Threat Position and Jab Step
• **Goal:** Introduce triple threat position so players can shoot, pass or dribble

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Teaching Points: Triple Threat Position

Body Position
• Feet shoulder width apart, in balanced stance
• Shooting foot ahead of non-shooting foot in heel-toe relationship
• Weight on balls of feet
• Knees bent, butt down, back straight
• Chin over shooting foot

Hand & Arm Position
• Finger tips on ball, comfortably spread, wrist bend back
• Non shooting hand on side of ball, fingers point upward
• Thumbs of both hands form a "T", but do not have to touch
• Elbow of shooting arm bent to 90° and pointing toward the rim
• Keeping same arm & hand position, ball near hip when not preparing to shoot

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Activity:

Random Stops
  • Players in scatter formation, each with a ball
  • Players jog around court
  • On whistle, players jump stop into triple threat position
  • Coaches move through group and test players for balance (gentle push on shoulders)
  • Repeat several times using different types of movement (hopping, sliding, running backwards etc.)

Military Drill
- Players spread out in 3 lines in front of the coach
- On coach's command, all player toss the ball to themselves and get into triple threat position
- Coach yells "Jab Left", players jab step left
- Coach yells "Jab Right", player jab step right
- Repeat commands in different orders
- Coaches can also add their own commands, such as pivot

Self Toss
- Players in partners, spread out on the court, each with a ball
- Players will toss the ball to themselves and get into triple threat position once they catch the ball
- Coach will say "jab step", "dribble", or "shoot"
- For "jab step", players will jab step right or left
- For "dribble", players will take one dribble right or left and then pick up the ball
- For "shoot", players will shoot the ball in the air

Help
- Form a small diamond with four pylons. You want them close enough that the player in the middle can deflect the passes.
- One player has a ball and the other two players are at the pylon closest to the player with ball
- The player in the middle is attempting to steal or deflect the pass.
- Player being covered is in triple threat position, using pivot foot and jab step, must get around defender and pass to partner
- Defender closes out on player with ball, player jabs and makes a pass
- Players switch roles when defender gets ball, or when coach blows whistle to switch
- When the ball is passed, the players must learn to fill the pylons closest to the player with ball
- Load the drill by adding a second defender; increase the space.
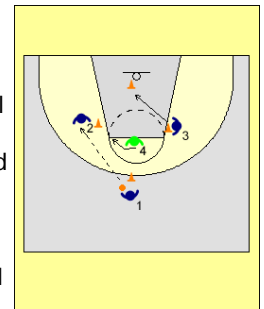
Introduce and Play Modified Game:

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