



LESSON #7

FUNDAMENTAL SKILL: Shooting Mechanics

LIFE SKILL: Hard Work and Discipline

	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:

Passing Tag

- 2 players are it, the rest of the players are spread out on the court
- The 'it' players attempts to tag other player by passing the ball to each other until they are close enough to tag the player with the ball; the ball cannot be thrown
- Players without the ball are allowed to move within the boundary
- Once a player has been tagged by the ball, they join the "it" team or passing team
- Game continues until only one player is left

Lesson #7 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Explain the importance of working hard and giving 100% effort. Discuss self-discipline
- **Fundamental Skill:** Shooting Mechanics (B-E-E-E-F)
- **Goal:** Teach players use proper shooting mechanics

Teaching Progression: Shooting Mechanics (B-E-E-E-F)

Balance: Triple Threat Position

Eyes: Focus on target (basket), never leaving target during shot

Elbow: Points at the basket

Extension: Feet push off floor, knees straighten, hips raise, elbow lifts to shoulder height

Follow Through: Push ball upwards, fully extend elbow upwards, snap wrist, push ball off fingertips, point fingers at ground

Activity:

Self Shooting

- Players in scatter formation with ball, players stand on a line, take one step back
- From Triple Threat players shoot the ball in the air using BEEEF mechanics
- Players hold follow through until ball hits the ground
- Players retrieve their ball and repeat
- >> **Load:**
- Players try to shoot the ball in the air so that it lands on the line in front of them
- Count consecutive times they can hit the line

Target Shooting

- Players in line formation with ball, 3ft from wall
- Each player chooses a target on the wall 9ft high
- Players shoot ball at target using BEEEF mechanics (hold follow through until ball hits wall)
- Players shoot ball ten times and then switch spots with another player
- Have players count consecutive times they can hit the target



Partner Mirroring

- Players in partners, 5 ft apart, one ball
- Player with ball in triple threat shoots ball in air to self, player without ball imitates BEEEF mechanics
- Repeat several times switching shooter each time
- Repeat switching partners

Basket Shooting Relay

- Players in equal lines, starting on the block, one ball per line
 - On whistle, first players shoot the ball. This is a shooting competition
 - Players take one shot, get their rebound and pass the ball to the next player in line.
 - First team to score 10 baskets wins
- >> **Load:**
- Repeat shooting game but move shot back to 6 ft and 8 ft from the basket

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