

# LESSON #1

\* The first two lessons will not run in the same manner as the others. There are several administrative tasks that are necessary during the first two lessons in order to get the program off on the right track and running smoothly. We suggest that you follow these first two lessons closely.

**SKILL:** Introduction

**RULE:** Listening

Before the Players Arrive		After the Players Arrive	
1	Arrive at the gym 25 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
4	Organize your teaching materials	4	Instruct the players to put the balls away
5	Have a coaches meeting to review the days lesson	5	Call the players in and have them sit with their parents
6	Designate a "Head Coach" for the session	6	Wait for quiet
7	Have ready a list of the player's names	7	Take attendance

After taking attendance, address the players and their parents, covering the following:

1.	Welcome everyone to the program
2.	Outline the program's philosophy, mission, goals and core values
3.	Outline how each session will work
4.	Reiterate that the program can always use more volunteers
5.	Hand out to the parents: Schedule, Contact Sheet, Parents Manual
6.	Explain the procedure when players arrive (for future sessions) <ul style="list-style-type: none"> <li>- Arrive</li> <li>- Change into uniform</li> <li>- When whistle blows: 1<sup>st</sup> - Put balls away; 2<sup>nd</sup> - Come in to center court and sit down quietly</li> </ul>
7.	Answer any questions the parents may have

Once you have finished your introduction to the group:

1.	Have the parents move to the area where they can sit during the session
2.	Put the players into a teaching formation
3.	Explain the commands you will use when addressing the children (ie whistle, raised hand etc.)
4.	Answer any questions the players may have
5.	Begin the lesson

## Warm Up Activity:

### *Basketball Ready Position*

- Demonstrate a proper basketball ready position
- Put players in scatter formation, no balls
- Players run on spot, on whistle players get into basketball stance
- Coaches walk through group testing for balance
- Repeat multiple times using different movements on the spot (hopping, skipping)

## Education

Introduce the rule and skill of the day.

**Rule:** When the coach is talking, everyone stops and listens

**Skills:** Footwork, Dribbling, Passing, Shooting

**Goal:** Brief introduction of four basic basketball fundamentals



\* This first lesson will allow the players to experiment with the different fundamentals of the game of basketball. Don't be concerned with proper execution during this first session, be more concerned with having the players experiment with each skill. You will teach the proper breakdown of the fundamental skill in each of the future lessons.

**Activity**

Introduce each skill to the group as a whole and then break into smaller groups to execute the activities.

*Footwork*

- Divide players in three equal lines along baseline, no balls
- Select three lines as stopping lines
- Players start in basketball stance
- On whistle, first players runs to first line, stops, gets in stance, then runs to next line, repeating until reaching other end of court
- On next whistle, next player in line repeats
- Repeat from other end of court
- Repeat running in zig zag, changing direction at each line

*Dribbling*

- Players in scatter formation with ball
- Demonstrate dribble, have players practice stationary dribble
- On the whistle, allow players to dribble freely throughout court
- Repeat asking players to vary height of dribble
- Repeat asking players to dribble with opposite hand

*Passing*

- Players in partners, 6-8 ft apart, with one ball
- On whistle, players pass ball in to partner
- Count consecutive passes without dropping ball
- Try to beat score
- Repeat having player bounce the ball to partner (count consecutive passes)
- Repeat with players passing with one hand

*Shooting*

- Players in scatter formation, demonstrate shooting technique
- Players stand 3ft from wall, shoot at target on wall 7ft high
- Repeat several times
- Put players in equal lines, 8-10 ft from basket, players with ball
- On whistle, first player dribbles to basket and shoots
- Repeat giving each player five shots at basket

**Wrap Up**

- |  |
|--|
| 1. Call players in, sit in semicircle, wait for quiet  |
| 2. Show players how to sit with ball (crossed legged, hands on knees, ball resting in lap)   |
| 3. Bring the parents into the group or speak loud enough so parents can hear   |
| 4. Remind parents of next session, explain importance of attending and being on time   |
| 5. Explain that in normal sessions a skill will be taught and the modified game will be played   |
| 6. Explain how teams will be divided to ensure competitive balance   |
| 7. Explain each player keeps the ball they are holding, and parents must label ball with player's name, player's must bring ball to each session |
| 8. End on a positive note (cheer), dismiss group   |



# LESSON #2

\* Bring permanent marker to label balls of players who haven't done so. Have players divided into teams before the session. No balls will be needed for the activities in this session.

**SKILL:** Movement

**RULE:** Sportsmanship

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Put players into a teaching formation
4	Organize teaching materials	4	Take attendance
5	Have a coaches meeting	5	Review previous week's lesson.

### Warm-up Activity:

#### *My Hand Shake Buddy*

- Players spread out
- Each player finds someone to shake hands with
- After player has shaken hands with first buddy, walk to another buddy to shake hands
- Change ways players walk (arms out wide, swaying back and forth etc.).
- Change greetings between players (low five, high five etc.)

### Education

Introduce the rule and skill of the day.

**Rule:** Discuss friendship (encourage players to learn names of four other players)

**Skill:** Movement (Stopping/Changing Direction)

**Goal:** To stop/change direction on balance and under control

### Teaching Progression: Stopping

#### *Two-Foot Jump Stop*

- Player begins in ready position and moves forward
- Body lowers, two feet land simultaneously, slightly staggered
- Body lowers, knees bend, arms balance
- Body in ready position

#### *Stride Stop*

- Player begins in ready position and moves forward
- Body lowers, feet land one foot after the other, slightly staggered
- First foot to contact floor becomes pivot foot
- Body lowers, knees bend, arms balance
- Body in ready position

#### *Change of Direction*

- Lower shoulder in the direction the child wants to go.
- Plant hard the outside foot
- Push in the new direction
- Shift weight on to new foot
- Move forward



**Activity:**

*Stopping, Changing Direction*

- Players in scatter formation
- Players run on spot
- On whistle, players execute a two foot (one beat) jump stop
- Repeat with:
  - Faster run on the spot
  - Quieter jump stop. (Try to land softly)
  - Repeat, three steps with stride stop
  - Repeat, with players running around court (each time with different movements), changing directions

\*As the players jump stop, have them verbalize aloud: "One Beat Stop or Jump Stop!"

*Change of Direction Relay*

- Players in two lines, four feet between players
- First in line runs in and out of the line of players to end, turns around and comes back running in and out of line
- First in line touches second in line who goes to front of line before repeating
- Allow every player a chance to run through the line

*Red Light/Green Light*

- Players spread long baseline, coach at center
- Coach calls out "Green Light", players run forward
- Coach calls out "Red Light" players stop and get in stance
- Players try to run to other end of court, if not in stance on "Red Light", players are eliminated
- Repeat until on player left
- Play several times

**Introduce and Play Modified Game**

1. Blow whistle, players in scatter formation
2. Introduce the concept/object of the game in simple terms
3. Introduce the court and equipment (basket, shooting spots, out of bounds)
4. Introduce the rules (Dribble Rules, Defense Rules, Shooting Rules)
5. Introduce referee, explain role in game
6. Explain shift rotations, substitutions and equal time
7. Put players into balanced teams
8. Play the game

**Wrap Up**

1. Review the lessons skill and rule
2. Make any announcements
3. End on a positive note (for example, cheer), dismiss group

**Post Lesson Tasks:**

- Evaluate teams for balance and make necessary adjustments
- Coaches Meet



# LESSON #3

**SKILL:** Ball Handling

**RULE:** Fair Play

	<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

## Warm-up Activity:

### *Circling Together*

- Put players in circle holding hands
- Players move in one direction using a specific type of movement (stepping, sliding, skipping, galloping, hopping)
- On whistle players break away and run to a spot on court, get into stance
- On next whistle, players re-form circle and move with new movement

## Education

Introduce the rule and skill of the day.

**Rule:** Explain the concept of Fair Play in Sports

**Skill:** Ball Handling (Toss/Catch, Ball Familiarization)

**Goal:** Become comfortable with handling the ball

## Teaching Progression: Ball-handling

### *Ball Familiarization*

- Hold ball with two hands using fingertips for grip
- Slap ball with alternate hands
- Slide hands over ball
- Tap ball between hands with fingertips
- Different heights, different distances from body
- Circle ball around body
- Circle ball around different areas (head, waist, knees, ankles)

### *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 in tight to body at chest or waist level

## Activity

### *Ball Familiarization*

- Players in scatter formation with ball
- Coaches demonstrates ball familiarization progression, players imitate
- Repeat





*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)

*Toss and Exchange*

- Repeat previous activity with players putting ball on floor and moving to another ball after catch
- Players pick up another ball and toss it in the air
- Change movements between balls (skip, crawl, duck walk, hop backwards etc.)

**Introduce and Play Modified Game**

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

**Wrap Up**

- |  |
|--|
| 1. Review the lessons skill and rule                             |
| 2. Make any announcements (Coaches give out uniforms to players) |
| 3. End on a positive note (for example, cheer), dismiss group    |



# LESSON #4

\* Music will be needed for this lesson.

**SKILL:** Static Dribbling

**RULE:** Gratitude

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

### *Frozen Dribble Tag*

- Players spread out, players with ball
- Choose two players to be "chasers", other players dribble throughout court
- If chasers tag dribbler they become frozen and must do a ball handling drill on spot
- To be "freed" a teammate must crawl through their legs
- Change chasers every minute

## Education

Introduce the rule and skill of the day.

**Rule:** Explain being grateful to people who help you (parents, coaches, teachers)

**Skill:** Dribbling (Static, Experimental)

**Goal:** Dribbling with control of the ball

## Teaching Progression: Static Dribbling

### *Dribbling Stance*

- Feet shoulder width apart
- Head up and eyes forward
- Knees bent
- Left foot forward
- Ball dribbled with dribble hand slightly ahead of back foot
- Non dribbling hand extended forward, elbow flexed across body

### *Dribbling Motion*

- Dribble hand on top of ball with fingers as wide as possible
- Push ball to floor using fingertips (not palms)
- Elbow bent, wrist follows through
- As ball returns to hand, repeat the pushing motion

## Activity

### *Static Dribbling*

- Players in scatter formation with ball
- On whistle players dribble on the spot
- Repeat, vary height of dribble, count consecutive dribbles, alternate hands
- Repeat, coach holds up fingers, players shout out number of fingers



*Music Dribbling*

- Players in scatter formation with ball
- Music starts players dribble, music stops players hold ball in ready position
- Repeat, music starts, players dribble high, music stops players dribble low
- Repeat, music starts, players dribble fast, music stops players dribble slow

*Follow the Leader*

- Players in semi circle formation with ball
- One player demonstrates type of dribble (high,low, fast, slow, alternate hands etc)
- Other players imitate
- Give each player a chance to be the leader

*Partner Mirroring*

- Players in partner with balls, 5 ft apart
- Lead partner executes a type of static dribbling, other partner imitates
- Repeat several times with different types of static dribbles, switching leaders each time
- Repeat switching partners

**Introduce and Play Modified Game**

1. On whistle, balls away, players sit quietly
2. Coach calls out teams, player go to coach, set up game

**Wrap Up**

1. Review the lessons skill and rule
2. Make any announcements
3. End on a positive note (for example, cheer), dismiss group





# LESSON #5

**SKILL:** Triple Threat Position

**RULE:** Court Boundaries

	<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

## Warm-up Activity:

### *The Land of the Raptors*

- Choose 2 players to be Raptors
- Divide court into thirds
- Put Raptors in middle 1/3 and everyone else on one end
- On whistle, players run through *The Land of the Raptors*
- If a Raptor tags someone, he/she becomes a Raptor as well
- Keep playing until only person is left

## Education

Introduce the rule and skill of the day.

**Rule:** Explain court boundaries used in the game (demonstrate an out of bounds violation)

**Skill:** Triple Threat Position

**Goal:** Introduce correct body position for shooting

## Teaching Progression: 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

## Activity

### *Random Stops*

- Players in scatter formation, no balls
- Players walk randomly
- On whistle, Players jump stop into triple threat position
- When in position Players yell out "Triple Threat"
- 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.)



*Follow the Leader*

- Players in partners, no ball
- One partner leads the other around the court
- Leader decides when to stop and get into triple threat position
- Other partner must follow and imitate the movements
- Repeat, switching leader to follower
- Repeat, switching types of movements
- Repeat, exchanging partners

*Triple Threat Tag*

- Players play tag, with three Players designated as taggers
- When tagged, Players must get into triple threat position
- To be "freed", another Player must give a "high five" with their shooting hand
- Repeat, changing taggers

**Introduce and Play Modified Game**

1. On whistle, balls away, players sit quietly
2. Coach calls out teams, player go to coach, set up game

**Wrap Up**

1. Review the lessons skill and rule
2. Make any announcements
3. End on a positive note (for example, cheer), dismiss group



# LESSON #6

**SKILL:** Footwork (Pivoting)

**RULE:** Travelling

<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>	
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

### Warm-up Activity:

*How to Get from A to B*

- Players spread along baseline
- Ask players to go from baseline to foul line using a specific movement (for example, skipping, hopping, sliding, crawling)
- Give the players a new type of movement to get to the center line
- Repeat, to next foul line and opposite end line
- Repeat, allow players to choose their own movements
- Repeat, allow one player to choose movements for group

### Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate a travelling violation (moving without dribbling)

**Skill:** Footwork (Pivoting)

**Goal:** Rotate body, without travelling, to protect ball

### Teaching Progression: Pivoting

- Start in Triple Threat Position
- Back foot (pivot foot) in constant contact with floor
- To pivot, front foot leads body in 45 degree rotation
- Body can pivot backward (reverse pivot), or forward (front pivot)

### Activity

#### *Pivot Drill*

- Spread players along sideline in triple threat position without ball
- Players have one foot in front of line, other foot behind line
- Coach says "**Pivot!**" the players rotate front foot forward one step
- Coach says "**Return!**" the players return to triple threat position
- Coach says "**Pivot!**" the players rotate front foot forward a quarter turn
- Repeat several times monitoring players progress
- Next have players run on the spot
- On whistle, players jump stop into triple threat position and execute a front pivot
- Repeat using a jog, and then other movements



*Protect the Ball - One Partner*

- Players in partners, one ball
- Player with ball on a line, player without ball is arms length distance apart
- Player without ball cannot touch the player with the ball
- Player with ball in Triple Threat Position pivots to protect ball
- Player without ball tries to touch ball without touching player
- Repeat, switching player with ball
- Repeat, switching partners

*Pivot Relay Race*

- Put players in four equal lines on baseline, one ball each line
- First player dribbles to other end of court, jump stops, pivot around to face line and dribble back to line
- Next player in line repeats this sequence
- Continue until each player has gone, first line to finish wins
- Repeat, allowing players to shoot ball to self after pivoting

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #7

**SKILL:** Dribbling with Movement

**RULE:** Double Dribble

<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>	
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

## Warm-up Activity:

### *Raptors/Lakers*

- Two lines, 20 ft apart, at middle of court
- Players in one line are Lakers, players in other line are Raptors
- Coach yells either Raptors or Lakers. If coach yells Raptors, Raptors chase Lakers to end zone trying to catch them
- If they catch a Laker, that player joins Raptors line
- Play until everyone is in one line, then repeat

## Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate a double dribble violation.

**Skill:** Dribbling (Movement)

**Goal:** Dribble under control while moving

## Teaching Progression: Dribbling with Movement

\* Review static dribbling progression

- In Triple Threat Position, head up and eyes forward, knees slightly bent
- Strong hand on top of ball with fingers as wide as possible
- Push ball forward, slightly ahead of body
- Step forward with opposite foot to meet ball and continue forward at a controlled speed

## Activity

### *Dribble to Jump Stop*

- Players in scatter formation with ball
- On whistle, each player starts to dribble with movement
- Next whistle, every player jump stops into triple threat
- Next whistle, players begin dribbling again
- Continue, adding pivoting after jump stop
- Continue, adding toss and catch after pivoting

### *Music Dribbling*

- Players in scatter formation with ball
- Players dribble with movement when music begins
- When music stops, players stop and perform a static dribble on the spot
- When the music starts again players continue to dribble with movement
- Start and stop the music several times
- Repeat, with the players increasing speed of dribbling
- Repeat. dribble with other hand





*Dribble Tag*

- Players in scatter formation with ball, three taggers without ball
- Players dribble with movement, taggers attempt to knock away ball from dribblers
- If dribbler loses control of ball, dribbler puts away ball and becomes tagger
- Last player dribbling is winner
- Repeat using new taggers

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #8

**SKILL:** Shooting Mechanics

**RULE:** Shooting Spots

	<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

## Warm-up Activity:

### *Fishes/Whales/Seaweed*

- Two "whales" at mid-court, rest of players, "fishes", spread along baseline
- Whales call out "here fishy, fishy" and "fishes" attempt to get to other baseline without being tagged by a "whale"
- If tagged players must stand where they were tagged and become seaweed
- Seaweed can also tag "fishes" but can't move to tag
- Game ends when all fishes have been tagged

## Education

Introduce the rule and skill of the day.

**Rule:** Explain why we use the shooting spots (helping players improve shooting form)

**Skill:** Shooting (Mechanics BEEEF)

**Goal:** Teach players use proper shooting mechanics

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

<b>Balance:</b>	Triple Threat Position
<b>Eyes:</b>	Focus on target (basket), never leaving target during shot
<b>Elbow:</b>	Points at the basket
<b>Extension:</b>	Feet push off floor, knees straighten, hips raise, elbow lifts to shoulder height
<b>Follow Through:</b>	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 try to shoot the ball in the air so that it lands on the line in front of them
- Players retrieve their ball and repeat
- Count consecutive times they can hit 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, 10 ft from basket, one ball per line
- On whistle, first player dribbles to basket, jump stops and shoots at basket
- Player rebounds own shot, dribbles back to line hands ball to next player
- Next player repeats
- Play until each player has 5 turns, line with most made baskets wins

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #9

**SKILL:** Passing/ Receiving

**RULE:** Defense

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

### Chain Tag

- Players in scatter formation, choose one player to be "it"
- When player is tagged, players join hands to form a chain
- The players on either end of the chain try to tag others without letting go
- When all players are a part of a chain, the game is completed
- Repeat, with new player "it"
- For large groups, chains can separate when they have more than 6 people

## Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate that each player must guard another player

**Skill:** Passing and Receiving

**Goal:** Pass the ball to a target; Control the ball on reception

## Teaching Progression:

### 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

### Passing

- Passer is in Triple Threat Position
- Passer calls the receiver's name and focuses on the receiver's target
- Passer pushes the ball towards the target, stepping one foot forward with the pass
- Passer follows through, extending elbow and snapping wrist as ball is released toward target

## Activity

### Wall Passing

- Players in line formation, 3 ft from wall, with ball
- Players in Triple Threat Position choose a target on the wall at chest height
- Players try to pass off the ball to the target on the wall and receive the pass without the ball hitting the ground
- Have players move back one step after making 10 passes
- Repeat, changing target heights
- Repeat, exchanging spots on the wall



*Partner Passing*

- Players in partners, 6 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver gives target
- Player with ball passes to receiver
- Repeat, with partners passing back and forth 10 times
- Repeat, switching partners
- Repeat, increasing distance between partners by 2 ft

*Hot Potato*

- Players form a circle, 6ft between players, one ball
- When music starts players pass ball to next player around circle
- Players chant "Hot Potato, Pass it on, Pass it on, Pass it on"
- When music stops player with ball is eliminated, last player playing is winner
- Repeat

*Snakes and Ladders*

- Players in line formations, 5ft apart, 6 players in each line, first player has a ball
- First player calls name of next player and passes ball
- Passer runs to end of line, 5ft in front of closest player
- Receiver of first pass pivots towards next player, calls name and passes
- After passing, player runs to end of line, 5ft in front of closest player
- Repeat until each line reaches the opposite baseline

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |





# LESSON #10

**SKILL:** Defensive Stance

**RULE:** Substitutions

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

*What time is it Mr. Wolf*

- Players in line formation along baseline, coach stands at center court
- Players call out "What time is it Mr. Wolf?"
- Coach (Mr. Wolf) calls out a time (for example: 5 o'clock)
- Players move forward the number of steps given in the time (in this case, 5 steps)
- Players then call to Mr. Wolf again
- When Mr. Wolf answers "Lunch Time", Mr. Wolf chases players back to the baseline
- Players tagged by Mr. Wolf join Mr. Wolf at centre court

## Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate why there are substitutions and why we give players equal time

**Skill:** Defensive Stance

**Goal:** Players understanding basic defensive position and stance

## Teaching Progression: Defensive Stance

- Feet shoulder width apart
- Knees bent, butt over heels, body low, weight balanced
- Back straight and leaning slightly forward
- Head up, eyes forward
- Hands up, thumbs pointing to shoulders

## Activity

### *Scatter Stance*

- Players in scatter formation
- Players run on the spot
- On whistle, players jump stop into stance
- Players yell "Defense" loudly when in stance
- Repeat several times

### *Tracing the ball*

- Players in partners with one ball
- Player with ball in Triple Threat
- Player without ball in defensive stance, one arms length away from ball
- Player with ball moves ball by pivoting
- Player in defensive stance follows the ball with hands and yells "ball" on each move
- Repeat switching offense and defense
- Repeat, switching partners



*Monkey in the Middle*

- Players in groups of three, one ball
- Two players are 8ft apart and on offense, one player in middle on defense
- Players on offense try to pass the ball to each other, player on defense traces ball before pass is made, then runs to other offensive player and traces ball again
- Repeat changing offensive and defensive players

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #11

**SKILL:** Give and Go

**RULE:** "Practice Makes Perfect"

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

### *Charlie Over the Ocean*

- Players spread out along the baseline, while two players go to centre court
- Teach Players following verse "Charlie over the ocean, Charlie over the sea, Charlie caught a blackbird, but can't catch me."
- On the word "me" players try to run to opposite baseline without being tagged by players in middle
- Players caught go to center court and become chasers
- Continue until all players are tagged
- Repeat, with players dribbling basketball

## Education

Introduce the rule and skill of the day.

**Rule:** Explain that players need to practice fundamental skills to get better

**Skill:** Shooting (Set Shot)

**Goal:** Introduce the team offensive concept of give and go, with two players working together

## Teaching Progression: Give and Go

- Player with ball in Triple Threat targets a receiver and calls his/her name
- Receiver shows a target, player with ball passes to receiver
- Passer cuts to an open space on the court and jump stops
- Receiver looks to return the pass to the cutter

## Activity

### *Give and Go Drill*

- Players form a line, coach 6ft away, each player with ball
- First player in line passes to coach then cuts to a shooting spot
- Cutter jump stops on shooting spot and shows a target
- Player receives return pass from coach
- After players show that they understand the give and go concept, they can follow pass reception with a shot.

## Introduce and Play Modified Game

1. On whistle, balls away, players sit quietly
2. Coach calls out teams, player go to coach, set up game

## Wrap Up

1. Review the lessons skill and rule
2. Make any announcements
3. End on a positive note (for example, cheer), dismiss group



# LESSON #12

**SKILL:** Chest Pass

**RULE:** Travelling

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

### Fun Instructions

- Players sit at center court
- Give instructions to players to do three different tasks (touch certain lines, execute movements etc.)
- Players return to centre court immediately after completing tasks
- Repeat five times with different tasks

## Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate a travelling violation as a result of moving the pivot foot.

**Skill:** Passing (Chest Pass)

**Goal:** Pass the ball to a target using a proper chest pass

## Teaching Progression: Chest 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
- Return to triple threat position

## Activity:

### Wall Passing

- Players spread out along the baseline or side court, 3ft from wall, with ball
- Players in Triple Threat Position choose a target on the wall at chest height
- Players chest pass ball to target
- Players catch return pass off the wall
- Players make 10 passes then move back a step
- Repeat, changing target heights
- Repeat, exchanging spots on the wall



*Partner Passing*

- Players in partners, 6 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver shows target
- Player with ball chest passes to receiver
- Repeat, with partners passing back and forth 10 times
- Repeat, switching partners
- Repeat, increasing distance between partners by 2 ft

*Square Passing*

- Players in groups of 4, one ball per group
- Players in square formation, 4ft apart
- Players chest pass ball around square
- On whistle, players change direction of passes
- On whistle, change spots

*Semi Circle Passing*

- Players in groups of 6 in semi circle formation, 3 ft apart
- One ball with player in middle of semi circle
- Player with ball passes to first person in semi-circle, pass is returned
- Player in middle repeats, passing to each player in semi-circle
- Repeat, rotating player in middle
- Repeat, increasing distance of player in middle and speed of passes

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |





# LESSON #13

**SKILL:** Set Shot

**RULE:** Foul

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

### Warm-up Activity:

#### *Move like an Animal*

- Players spread out along baseline
- Coach instructs players to move like animals towards opposite baseline
- Repeat multiple times using different animal each time
- Examples: hop like a Kangaroo, spring like a frog, slither like a snake, hunch like a gorilla, Bear on all fours

### Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate a foul

**Skill:** Set Shot

**Goal:** Properly execute a set shot

### Teaching Progression: Set Shot

- Review shooting mechanics (Triple Threat, BEEEF)
- From Triple Threat, take one dribble
- Jump stop into triple threat, under control/on balance
- Focus eyes on target
- Point elbow at target
- Extend knees
- Shoot ball at target with proper follow through
- Allow players to jump when skill is refined

### Activity

#### *Self Shooting*

- Players in scatter formation with ball
- From Triple Threat, players take one dribble and jump stop
- Players shoot the ball in the air using BEEEF mechanics
- Players hold follow through until ball hits the ground
- Players try to shoot the ball in the air so that it lands two feet in front of them
- Players retrieve the ball and repeat
- Repeat using two dribbles



*Target Shooting*

- Players spread out along sideline with ball, 5ft from wall
- Each player chooses a 9ft high target on the wall
- Players take one dribble and jump stop
- 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
- Count consecutive times hitting target

*Basket Shooting Relay*

- Players in equal lines, 10 ft from basket, one ball per line
- On whistle, first player dribbles to basket, jump stops and shoots at basket
- Player rebounds own shot, dribbles back to line hands ball to next player
- Next player repeats
- Play until each player has 5 turns, line with most made baskets wins

*Around the Court Shooting*

- Players dribble around outside of court
- As they approach each basket, players jump stop and shoot at each basket
- Repeat, changing dribbling direction around court

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #14

**SKILL:** Bounce Pass

**RULE:** Defense

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

## Warm-up Activity:

### *Simon Says*

- Players in scatter formation, coach at center court
- Coach gives a direction to players
- Players are only to follow direction if coach says "Simon Says" before giving direction
- If coach doesn't say "Simon Says", players must continue last direction
- Players who follow direction without coach saying "Simon Says" must sit down until game is completed
- Repeat several times

## Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate defensive position (being between player and basket)

**Skill:** Passing (Bounce)

**Goal:** Pass the ball to a target using a proper bounce pass.

## Teaching Progression: 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
- Return to triple threat position

## Activity

### *Wall Passing*

- Players in line formation, 3 ft from wall, with ball
- Players in Triple Threat Position choose a chest high target on the wall
- Players bounce pass ball to target on wall
- Players catch ball as ball returns
- Players make 10 passes, then move back a step
- Repeat, changing target heights
- Repeat, exchanging spots on the wall



*Partner Passing*

- Players in partners, 6 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver shows target
- Player with ball bounce passes to receiver
- Repeat, with partners passing back and forth 10 times
- Repeat, switching partners
- Repeat, increasing distance between partners by 2 ft

*Square Passing*

- Players in groups of 4, one ball
- Players in square formation, 4ft apart
- Players bounce pass ball around square
- On whistle, players change direction of passes
- On whistle, change spots

*Monkey in the Middle*

- Players in group of three, one ball
- Two players are 8ft apart and on offense, one player in middle on defense
- Player on offense try to pass the ball to each other, player on defense tries to intercept the pass
- If ball is intercepted, player on defense goes on offense, player who made the pass goes on defense

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |



# LESSON #15

**SKILL:** Change of Direction Dribbling

**RULE:** Too Many Dribbles

Before the Players Arrive		After the Players Arrive	
1	Arrive 15 min early	1	Free play for the players
2	Set up equipment	2	Blow the whistle
3	Conduct facility safety check	3	Take attendance
4	Organize teaching materials	4	Review previous week's lesson
5	Have a coaches meeting	5	Begin lesson

### Warm-up Activity:

*Duck, Duck, Goose*

- Players are seated in a circle
- One player walks around outside of circle tapping players on shoulder
- Walking player says duck as each sitting player is tapped
- Walking signals a race when he/she says "goose" when tapping a sitting player
- Walking player runs around circle, sitting player runs around circle in opposite direction
- First of the two players to sit in open spot in circle stays while the other player becomes tapper
- For large groups, run more than one Duck, Duck, Goose circle

### Education

Introduce the rule and skill of the day.

**Rule:** Explain and demonstrate the 4 dribble rule (explain why it is used)

**Skill:** Dribbling (Change of Direction)

**Goal:** Dribble under control while changing direction

### Teaching Progression: Change of Direction Dribbling

\* Review static dribbling

\* Review dribbling with movement

- Plant outside foot
- Bend knees
- Lower center of gravity by getting lower
- Push off outside foot
- Step and transfer weight on to opposite foot
- Bounce ball slightly in front of middle of body having ball bounce to opposite hand
- Keep dribble low, at knee level
- Progress in new direction

### Activity

#### *Changing Direction*

- Players in scatter formation with ball
- On whistle, players dribble randomly
- Players change direction at every line
- Repeat, changing direction every whistle



*Follow the Leader*

- Players in partners with ball
- Leader dribbles randomly around court randomly changing directions
- Follower must follow and imitate
- Repeat, switching leader and follower
- Repeat, switching partners

*Lose the Caboose*

- Players in equal lines with ball
- Leader leads line randomly around court changing directions
- Followers must follow and imitate
- If followers fall out of line, follower joins a new line
- Repeat switching last follower to leader
- Repeat, players in new lines

*King's Court*

- Divide the court into four areas, designate one area as king's court
- Players in scatter formation with ball, all in king's court
- Players dribble changing direction, players who lose ball move to next area
- Each time player loses control move to next area
- Last player left in king's court is winner
- Repeat

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |





# LESSON #16

**SKILL:** Push Pass

**RULE:** Post Game Activities

<b>Before the Players Arrive</b>		<b>After the Players Arrive</b>	
<b>1</b>	Arrive 15 min early	<b>1</b>	Free play for the players
<b>2</b>	Set up equipment	<b>2</b>	Blow the whistle
<b>3</b>	Conduct facility safety check	<b>3</b>	Take attendance
<b>4</b>	Organize teaching materials	<b>4</b>	Review previous week's lesson
<b>5</b>	Have a coaches meeting	<b>5</b>	Begin lesson

### Warm-up Activity:

*Follow the Leader*

- Player in scatter formation with ball
- One player is chose to lead group
- Chosen player does a trick with ball and others try to imitate
- Repeat several times switching leader

### Education

Introduce the rule and skill of the day.

**Rule:** Explain why we have post game activities of high fives and cheers

**Skill:** Passing (Push)

**Goal:** Pass the ball to a target using a proper push pass

### Teaching Progression: Push Pass

- From triple threat position, locate target, call name of receiver
- Ball in front of lead foot hip
- Shooting hand is behind ball, non shooting hand on side of ball (same as shooting)
- Step forward on to front foot
- Push ball towards target with shooting hand
- Target is receiver's chest
- Wrist snaps and follows through
- Fingers and thumb point at the floor
- Return to triple threat position

### Activity

*Wall Passing*

- Players in line formation, 3 ft from wall, with ball
- Players in Triple Threat Position choose a chest high target on the wall
- Players push pass ball to target
- Players catch ball as ball returns
- Players make 10 passes then move back a step
- Repeat, changing target heights
- Repeat, exchanging spots on the wall



*Partner Passing*

- Players in partners, 6 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver shows target
- Player with ball push passes to receiver
- Repeat, with partners passing back and forth 10 times
- Repeat, switching partners
- Repeat, increasing distance between partners by 2 ft

*Square Passing*

- Players in groups of 4, one ball
- Players in square formation, 4ft apart
- Players push pass ball around square
- On whistle, players change direction of passes
- On whistle, change spots

**Introduce and Play Modified Game**

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

**Wrap Up**

- |   |
|---|
| 1. Review the lessons skill and rule                          |
| 2. Make any announcements                                     |
| 3. End on a positive note (for example, cheer), dismiss group |

