



## **ONTARIO BASKETBALL MEGA HOOPS PROGRAM**

Mega Hoops is a Basketball Ontario initiative developed by both professional educators and basketball technical experts. This program provides basketball teaching guides and resource material for the introduction of basketball. Mega Hoops specifically targets grades three to eight and community programs for youth from eight to thirteen years of age. Athletes learn the game via systematic progressions through basic skills and play-based learning.

Basketball Ontario believes in the philosophy that quality daily physical activity is part of a healthy lifestyle. This means a planned program of instruction and physical activity for all learners on a daily basis. This program should be balanced, inclusive, participatory and active. As such, the primary emphasis of the Mega Hoops program is to have fun while learning the basic skills, dedication and determination necessary to become a good basketball player.

For more information about how to bring the Mega Hoops program to your school, or obtain basketball resources, please contact Melanie Belore, Coordinator of Community Development at Ontario Basketball at [mbelore@basketball.on.ca](mailto:mbelore@basketball.on.ca) or 416-477-8075 ext 209.

## MEGA HOOP GAMES

### GAMES THAT TEACH FUNDAMENTAL MOVEMENT SKILLS

#### **Zoo Keeper Tag**

Athletes partner up (similar size and ability). Designate one partner the 'Zoo Keeper' and the other the 'Animal'. Zoo Keepers come to the center circle while the Animals spread out around the gym. On the Coach's command "Zoo Keepers, find your Animals", Zoo Keepers chase after their partner using a specified loco motor movement (running, skipping, sliding, hopping etc). Once Zoo Keepers lightly tag their respective Animals, they lead them back to the centre circle and wait for the next round of play. *Animals: Kangaroo (hopping with two feet), Orangutan (side shuffle), Cheetah (high knees), Flamingo (hopping on one leg), Horse (skipping), Frog (squat jumps) etc.*

#### **Witches Stew**

This game is enhanced with some acting on the part of the activity leader. Divide children into four groups and send each group to different corners of the activity space. Name each group a stew ingredient (e.g. potatoes, carrots, etc.). The instructor stands in the center of the activity, and in their best witch voice, they call one ingredient at a time to be added to their stew. When called, each group runs into the center and jogs in a circle around the instructor (emphasize everyone running in the same direction). Once all groups have been called, begin stirring faster and say, "It's getting hotter". This is a cue for children to increase their speed. When the leader says, "It's boiling", the children stop running and start hopping up and down. When the leader yells, "DINNER IS READY!" the children must run back to their corner while the leader chases. Any children caught become a chef in the middle with the leader for one round.

#### **Line Tag**

Ask for participants to volunteer to be 'it'. Everyone can only travel on the lines of the floor. The participants who is 'it' is trying to tag those who are not 'it' and when they do tag a student, that student freezes and blocks that line from being travelled until another participant goes through their legs to 'unfreeze' them. As participants are moving around the space, the coach calls out various movements (forward, backwards, skip, shuffle sideways, hopping etc.) and students must move about the space accordingly.

#### **Sharks and Minnows**

This tag game combines the skills of running and dodging. One child starts in the middle of the activity space as the tagger while the rest of the group lines up along an end line. When the tagger calls "Here fishy fishies", the children attempt to cross to the opposite end line without being touched. If they are touched they become a shark. Emphasize that when children are tagged, they join the shark in the center but can only start tagging other children on the next round to reach the other side, so modify the lane width if necessary.

#### **Chase the Tail**

Divide players into groups of four. Three of the four players form a human chain, each holding onto the waist of the person in front. The fourth player attempts to tag the last person in this chain (i.e. "chase the tail") while the other three players work to move together to protect him/her.

#### **Knee Tag**

Athletes pair up and begin in a good athletic stance (knees bent, back straight, butt low to the ground). The object is to slap the inside or outside of your opponent's knees as many times as possible within a designated time period. This game works on agility and balance as players work to avoid being tagged by their opponents.

## **GAMES THAT TEACH CATCHING & PASSING**

### **Toss-Clap-Catch**

Have players start in a scatter formation around the court. Players toss the ball in the air and attempt to catch it. Next, have the players clap and catch the ball – make it a personal challenge, “How many claps can you make and still catch the ball?”

Next, players make a circle with the coach in the middle. The coach will pass the ball to players around in a circle saying either ‘clap’ or ‘catch’/ Players must do the OPPOSITE of what the coach says (i.e. is the coach says ‘catch’, players must clap before catching the ball, and vice versa). If a player makes a mistake, he/she has a seat in the circle until the next round.

### **Beanbag Toss**

Have participants pair up in groups of 2. Each group has a beanbag (or other object such as rubber chicken, ball, dice etc.) Partners start close together – about a foot apart – and make a pass. If the other partner successfully catches the pass, that partner takes a step back. If the pass is unsuccessful, the partner takes a step closer together. The game continues until the majority of partners are making passes the width of the gym.

### **Passing Tag**

In this tag game two players are deemed “it”. A player can only be tagged when one of the two ‘its’ has the ball in his/her hand. The player with the ball cannot run with the ball. The ‘its’ can move when they do not have the ball. They must work together by passing and moving to single out a player who can be tagged. Once tagged that player becomes another it. Keep going until all of the players are tagged.

### **Line Pass Relay**

Divide group into two teams. Have teams arrange themselves in a straight line, shoulder to shoulder. Teams will race to pass the ball down the length of the line and back using a different type of pass each time (rugby, chest, over, under, over-under, through the legs).

### **Name Passing**

This drill encourages players to talk while working on their passing and catching skills, as well as helping their coordination. Players get in groups of three with one ball. They stand about 10-12 feet apart with the receiver(s) having his/her back to the passer. The passer will call out the name of the receiver, wait for a split second, and then pass the ball. The receiver, immediately turns when he/she hears their name called, locates the ball and catches it. With younger age groups, begin by using a bounce pass.

### **Over- Under Relay**

Divide the group into two or more teams. Each team makes a tight line facing forward. Person at the front of each line starts with a pass under (between legs) then the next pass goes over the head – and so on. After athlete makes a pass they run to the end of the line. First to get to the finish line must sit down, with hands in the air - they are the winners. Can also go left side/right side relay whereby participants must twist at the waist to complete a pass.

### **Crocodile Passing**

The object of the game is to teach passing and catching while progressing towards the hoop. The floor is the water, which is filled with crocodiles who like to eat basketballs that hit the water! Spread out 2-3 players under a hoop with one ball. The player with the ball passes to someone and moves forward to an open spot. Whomever the ball was passed to needs to catch the ball without it hitting the floor (crocodiles are waiting). They then pass to a different teammate and moves forward. Keep passing until the team is close enough to the basket for someone to take a shot.

LOAD: Use two basketballs.

## GAMES THAT TEACH BALL HANDLING & DRIBBLING

### “Coach Says”

Players space out in front of coach. Coach will demo a series of ball handling drills. Same rules as “Simon Says” except use the phrase “Coach Says”.

- Finger Tipping – Tap the ball between hands with finger tips (Different heights; Different Distances from Body)
- Leg Circles – Feet more than shoulder width apart
- Figure 8’s – Circle each leg making a figure eight (switch directions)
- Power Dribbles --
- High/Low Dribbles
- Cross-over’s
- Push/Pull
- Ball Throw (Player start with ball in front of body, toss ball in air, clap as many times as possible and catch ball behind body.)

### High Five Dribbling

Everyone, including coaches, are dribbling around court – when you pass by someone, you give them a high five. Encourage participants to dribble with their eyes up, keeping the ball in their outside hand.

### Dribble Tag

Identify 2-3 players as “It” with a coloured pinnie. These players run around trying to lightly touch the other players. When a player gets tagged, they must freeze where they are touched. The frozen students can become unfrozen by getting a ball bounced between their legs by the other dribblers. The ball that unfreezes them cannot be their own – another dribbler must unfreeze them.

### Partner Keep-Away

In partners or groups of three, players dribble within a designated area and try to steal each other’s ball while maintaining their dribble. If the ball is knocked away, reset and begin again. Encourage players to dribble with their eyes up using both hands, and to keep their off arm up to protect the ball.

### Pirates

Every player begins with a basketball. The object of the game is to protect your own basketball while knocking other player’s basketballs out of the playing area. Once a basketball is knocked out, that player stands stationary on the outskirts of the playing area and can attempt to knock basketballs away with their hands. Gradually shrink the playing area as more players are eliminated.

### Cat and Mouse

Players line up with a partner on either side of a line. Each player is designated either a ‘Cat’ or a ‘Mouse’. When the coach calls out the word ‘Mice!’, all of those players must dribble to a safety area before the ‘Cats’ can tag them and vice versa. Once tagged, the player must join the other side until there is either one ‘cat’ or one ‘mouse’ remaining.

### Obstacle Course

Place pylons the length of the gym making a zig-zag course (make 2-3 lines depending on the number of participants). The first player in each line navigates the course, working on keeping the basketball in his/her outside hand around each pylon. At the end of the course, the player attempts a shot, gets his/her rebound, and returns around the outside of the court to a new line.

## **GAMES THAT TEACH SHOOTING**

*\*\*If possible, lower the net to an age-appropriate height. If nets are not adjustable, consider using a hula hoop draped over the back of the net to create a lower target.*

### **Frog Shooting**

The purpose of this drill is simply to develop power from the legs, and teach children proper shooting form. Have each participant find a spot along the three-point line arc with a ball. Demonstrate the following steps of 'frog shooting':

- 1) Perform a squat, place ten fingers on the ball.
- 2) Raise the ball to the forehead, keeping the elbow bent at 90 degrees. The player should be able to look under the ball to see the target at release.
- 3) Pushing up with the legs, release the ball straight up in the air following through with a "hand in the basket".

LOAD: Have players practice frog shooting at a basket.

### **4,3,2,1 Shooting**

Divide participants into teams, each in a line on either side of the key at the elbows. The first person in each line has a ball. As a team, group must make 4 lay-ups, followed by 3 shots from the first hash-mark, 2 shots from the second hash-mark and 1 shot from the free throw line. First team sitting with their hands on their heads is the winner.

### **4-UP Shooting**

Divide participants into teams, each in a line on either side of the key at the elbows (or behind a pylon within their shooting range). The first person in each line shoots the ball. If a team makes a basket, their team calls out "One!" If the opposing team scores the next basket, they would call out "Zero!" The object of the game is for a team to score 4 consecutive baskets before the other team.

### **Five Basket Bonanza**

Divide the group up into at least two groups (if you have more than 2 baskets, more groups can be used). Each group stands in front of a basket. The first player in line has a ball and, on the coach's signal, shoots. The participant gets his/her own rebound, passes it to the next person in line and so on. The goal is to be the first team to get 5 baskets. Team must count baskets out loud as they are made.

### **Golf**

Create 4-5 "holes" around the gym (a hula hoop or 'X' to shoot at, with a pylon 5-10 feet away marking the line to shoot behind). Participants divide into groups and line up behind each pylon, with one ball at the start of each line. The first player shoots the ball at the target—if he/she misses the 'hole', they go to the end of the same line to try again. Once a player makes the 'hole', he/she moves onto the next line. Encourage proper shooting form.

LOAD: Establish a points system (i.e. a make is 1 point, and a miss is minus 1 point). Have participants keep track of their makes and misses, or how many tries it takes for them to "get the ball in the hole".

## **GAMES THAT TEACH INVADING & DEFENDING**

### **Pitter Patter**

Players scatter around the player area. On the coach's command of "Defense!" everybody slaps the floor and yells "Defense", assuming the grizzly bear stance. On the coach's signal, players perform a variety of movements:

- "Pitter Patter!" – Players must run on the spot while remaining in their stance.
- Point left/right – Player shuffle left/right.
- Point up – Players jump in the air
- Point forward/backwards – Players run forward/backwards

### **Rag Tag**

Insert a strip of cloth or a pinnie in each participant's shorts with one half sticking out. Staying within a designated playing area, players must run around and try to collect as many pieces of cloth as they can, without losing their own.

### **20 Passes**

Divide the players into two teams. The team must complete 20 passes in a row without a fumble or a turnover. If the defense knocks the ball down or the pass is incomplete, it becomes the other team's ball.

### **Ultimate Basketball**

Same rules as Ultimate Frisbee. Use standard basketball court with room after baseline as the end zone. One team passes without dribbling towards the other teams' end zone. If they are able to receive the ball with two feet across the baseline they get a point. If players travel or turn the ball over the other team takes over attacking the opposite end zone. If a team scores they turn and throw the ball towards the other end zone, the defenses chases the ball and attacks the same end zone the point was just scored on (this is the only time teams switch direction).

LOAD: Add rules such as player must call a name before the pass; teammates must count passes aloud; player must touch the sideline after each pass before he/she can receive the ball again.

### **Four Corners**

Place four pylons in a square. You will have to judge the size based on the ability level of the players. Four players take up a position at each pylon and one player is in the middle. The players on the outside score one point every time they move from one pylon to another. The player in the middle can get out of the middle if he/she can move to an open pylon before one of the perimeter players. The players will have to take risks. They have to communicate with a teammate and convince him/her to trade places. They are allowed to fake and move back to their original pylon. They should learn to attack the back of the middle players' head. It is a very boring game if everyone plays not to lose and stands still.