STEVE NASH YOUTH BASKETBALL

## LESSON \#5

|  | Before the Players Arrive |  | After the Players Arrive |
| :--- | :--- | :--- | :--- |
| $\mathbf{1}$ | Arrive 15 min early | $\mathbf{1}$ | Greet parents and players as they arrive |
| $\mathbf{2}$ | Set up the equipment (balls, baskets) | $\mathbf{2}$ | Allow supervised free play |
| $\mathbf{3}$ | Perform a facility safety check | $\mathbf{3}$ | Blow the whistle and put players in teaching formation |
| $\mathbf{4}$ | Organize your teaching materials | $\mathbf{4}$ | Take attendance |
| $\mathbf{5}$ | Have a coaches meting to review the days lesson | $\mathbf{5}$ | Review previous week's lesson |

## Warm Up Activity:

## Guess Who

- Each player has a ball and stand in a circle
- One player is chosen as 'it' and stands in the middle and close his/her eyes
- Choose one player as the leader as he/she leads the group in ball handling drills
- The others must follow the leader
- When ready, the player who is 'it' opens his/her eyes and tries to guess who is the leader
- Note: The leader should switch the action as often as possible when 'it' is not looking



## Lesson \#5 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- Life Skill: Focus \& Determination (See Coaches Manual - Chapter 9.5)
- Fundamental Skill: Dribbling
- Goal: More Dribbling!


## Activity:

## Roller Derby

- Place four pylons in a rectangle to form a track (you decide the size of the race track).
- Place the players on two teams. It is best to have them wear different colors for ease of identification.
- Each player has a ball.
- On the signal to start, everyone on both teams starts to dribble around the track in the pre-determined direction.
- The object is to pass players of the opposing team.


## >> Load:

- The coach calls change or blows a whistle - the players who were at the end and at a disadvantage advantage if he/she can quickly change direction.


## Wolves and Sheep

- All players with a basketball.
- Put 2-3 better ball handlers in centre circle. Others evenly divided in each key area (Sheep's Pen).
- When the coach hollers, "The Wolves are away", the sheep can come out of their pens and dribble around the outside of the gym.
- When the coach hollers, "The Wolves are home", the wolves can dribble out of the centre circle and try and tag a sheep, while dribbling.
- If they tag any sheep before they get back in either pen, they become wolves for the next hunt.


## Crows and Cranes

- Players line up with a partner on either side of a line.
- The players are designated Crows or Cranes.
- When the coach calls out the word "crows", all of those players must dribble to a safety area before the "cranes" can tag them.
- Have another line a short distance away as the safety area.




## Castles

- Player's partner up; each pair has two basketballs, a hoop and some beanbags.
- The player inside the hoop protects the bean bags.
- The player outside the hoop visits the other hoops and attempts to steal the beanbags.
- If a player is tagged by the defender, he/she must visit another hoop.
- If a beanbag is stolen, the player returns to his/her home and switches places.
- The coach can also call switch forcing the players to switch positions.


## $\gg$ Load:

- To add more basketball skills, make the players score a lay-up when tagged before they can return to attempt a steal.



## Pressure Tag

- The players partner up with a teammate.
- They place a ball on their backs and must keep it there with pressure.
- Each player also has a ball that they dribble.
- At first, let them practice moving about, working together.
- When the tag game starts, one pair is given pool noodles.
- They are moving about trying to tag the other pairs.
- If tagged with the noodle, that pair now becomes "it". No re-tags allowed.



## Introduce and Play Modified Game:

| $\mathbf{1}$ | On whistle, balls away, players sit quietly |
| :--- | :--- |
| $\mathbf{2}$ | Coach calls out teams, players go to coach, set up game |
| $\mathbf{3}$ | Play the game |

## Wrap Up:

| $\mathbf{1}$ | Review the fundamental skill and life skill |
| :--- | :--- |
| $\mathbf{2}$ | Make any announcements |
| $\mathbf{3}$ | End on a positive note (cheer), dismiss group |

## Post Lesson Tasks:

- Coaches debrief

