



LESSON #9

	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

Active Warm Up Activity:

Simon Says

- Players spread out on court, each with a ball
- Coach gives a direction to players such as “dribble with your left hand”
- Players are only to follow directions if coach says “Simon says” before giving the instruction
- If coach does not say “Simon says”, players must continue the last direction
- Players who follow the instructions when the coach does not say “Simon says” are eliminated
- Repeat several times

Lesson #9 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Respect (See Coaches Manual – Chapter 9.9)
- **Fundamental Skill:** Footwork (Pivoting)
- **Goal:** Rotate body, without traveling, to protect ball

Teaching Points: Pivoting

- Start in Triple Threat Position
- Back foot (pivot foot) in constant contact with floor
- Stay low
- 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
- Players must keep their knees bent throughout this drill

Pivot and Pass

- Players in partners, one ball per pair
- Partners stand 6 feet apart
- Chest pass the ball, players catch the ball, pivot around and pass back to partner
- Each player makes 10 pivot and passes
- Repeat with a bounce pass

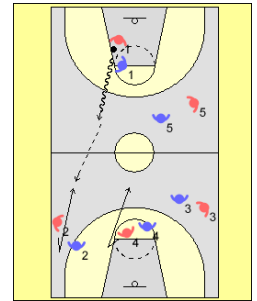


Pivot Relay Race

- Put players in four equal lines on baseline, one ball each line
- First player runs to half court, jump stops, pivots around in a full circle, runs to the baseline, stride stops, pivots around to face line and runs all the way back to the foul line extended where they jump stop and make a good chest pass to the next player in line
- Next player in line repeats this sequence
- Continue until each player has gone, first team to finish wins

Basketball Hockey

- The ball cannot be dribbled, by a player, over the centre line.
- It must be passed. This forces the ball handler to push the ball with the pass.
- It also forces the players down the floor to cut back for a pressure release.
- Skills required:
 - Eyes up with dribbling
 - Cutting back to the ball
 - Moving without the ball
 - Utilizing pivots to get better passing angles



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