LESSON #3

	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 meting to review the days lesson	**5**	Review previous week's lesson

Active Warm Up Activity:

Numbers
• All player have a ball and dribble all over the court
• Coach blows whistle and yells 'groups of 5'
• Players have to get into a group of 5 as quickly as possible
• The last group to form or players that do not make a group are eliminated and stand on the perimeter of the court dribbling a ball
• Players continue dribbling the ball all over the court and the coach blows the whistle and asks players to get into 'groups of __' (coach can pick any number)
• Repeat until there is a winner

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Lesson #3 - Overview
• Introduce the life skill and fundamental skill of the day while the players stretch
• **Life Skill:** Discuss Communication (See Coaches Manual – Chapter 9.3)
• **Fundamental Skill:** Ball Handling (Toss/Catch, Ball Familiarization)
• **Goal:** Become comfortable with handling the ball

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Teaching Points: Ball-Handling

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 it in tight to body at chest or waist level

Ball Familiarization
* Keep eyes and head up
• **Hand Slaps:** Hold ball with two hands using fingertips for grip, slap ball back and forth between hands
• **Finger Tipping**: Tap ball between hands with fingertips (Different heights, different distances from body)
• **Funnel**: Continue tapping the ball between fingertips and move the ball down in front of the body and down to the floor and then back up over head
• **Body Circles**: Circle ball around different parts of the body (head, waist, knees, ankles)

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Activity:

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)
- >> **Load:**
- When players toss the ball, have them jump and use a two-foot jump stop or stride stop when they catch the ball

Ball Familiarization (Refer to Coaches Manual)
- Players in scatter formation with ball
- Coaches demonstrate ball familiarization progression, players imitate
- Try all of the ball familiarization skills

Ball Handling Relay
- Divide players into 2-4 teams and have teams line up on baseline
- Hand Slap ball to other baseline and back
- Tag the next player in line
- Repeat with Finger Tipping to the baseline and back
- Repeat with Body Circles around the waist and knees
- >> **Load:**
- Add pylons so that players must zigzag and change directions
- Focus on keeping eyes and head up

Memory Chain
- The group spreads out along the respective baselines; each player has a ball
- The first player must dribble to the pylon and perform a ball handling action (i.e. around the neck, around the waist, etc), and then dribble and score a basket
- The second person must go to the first pylon and repeat what the first player did and then go to a second pylon and perform a new task
- Each successive player must remember what the players in front performed

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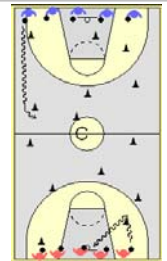
Introduce and Play Modified Game:

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

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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