



LESSON #12

FUNDAMENTAL SKILL: Jump Shot

LIFE SKILL: Teamwork

	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

Warm Up Activity:

Memory

- Numbered pylons are placed randomly around the gym
- Underneath each pylon is a distinctive object or a playing card
- Each team is given a time limit in which to dribble around looking underneath each pylon; players must remember where each object is located
- The teams line up on their respective baselines
- Coach calls out an object or card
- One player from each team dribbles to the pylon and stand beside the one in which they think the object is located
- The team gets a point if the object is under the chosen pylon

Lesson #12 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss the importance of teamwork. What is valuable about teamwork?
- **Fundamental Skill:** Jump Shot
- **Goal:** Properly execute a jump shot

Teaching Progression: Set Shot

- Review shooting mechanics (B-E-E-E-F)
- From Triple Threat, take one dribble
- Jump stop into triple threat, under control/on balance
- Square up to basket, focus eyes on target
- 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
- Players toss the ball to themselves, catch and get into triple threat position,
- players then jab step, 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



Pop Out Shooting

- Players are arranged in 1 of 4 lines, 2 lines under the basket at each side of the key, 2 lines at the each elbow
- Player in the passing line under the basket passes the ball to the player in the shooting line who pops out to the wing
- Player catches in triple threat position, squares up to the basket and shoots a jump shot
- Passer moves to the end of the line they passed too, shooter gets rebound and goes to end of the passing line on the other side of the floor

>> **Load:**

- Shooter catches the ball in triple threat position and does a jab step or ball fake before taking the jump shot

Dribble Jump Shot

- Players form a line on the baseline and a line at the foul line, balls at baseline
- Player under the basket passes the ball to the shooter
- Shooter catches ball in triple threat position and takes a dribble left or right towards the basket
- Player must jump stop, square up to the basket and take a jump shot
- Shooter gets rebound and joins the end of the line

>> **Load:**

- Passer becomes guided defense and closes out on shooter
- Shooter will add a jab step or fake before dribbling left or right and pulling up for a jump shot

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, 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	Thank everyone (players, parents, coaches, volunteers) for participating in SNYB
4	Hand out player certificates
5	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Coaches debrief