



# LESSON #8

	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:

### Car Game

- Every player has a basketball. They pretend they are cars.
- When the car is shut off, the ball is held in the hands.
- When the car starts, they begin to dribble on the spot (the engine is running).
- They back the car up by dribbling backward. Be sure to check to see if the street is clear!
- Have them dribble around the court.
- You can use designated lines on the floor.
- When you call "Red Light", have them stop; "Green Light", go!
- When they come to a stop sign, they stop, check both ways and continue on their own.
- Have them park the car and stop the engine – practice some of the ball handling skills (Move the ball around the body, toss and catch, bending, twisting).

## Lesson #8 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Leadership (See Coaches Manual – Chapter 9.8)
- **Fundamental Skill:** Shooting Mechanics (B-E-E-E-F)
- **Goal:** Teach players the proper shooting mechanics

## Teaching Points: Shooting Mechanics (B-E-E-E-F)

**Balance:** Triple Threat Position

**Eyes:** Focus on target (basket), never leaving target during shot

**Elbow:** Points at the basket

**Extension:** Feet push off floor, knees straighten, hips raise, elbow lifts to shoulder height

**Follow Through:** Push ball upwards, fully extend elbow upwards, snap wrist, push ball off fingertips, point fingers at ground

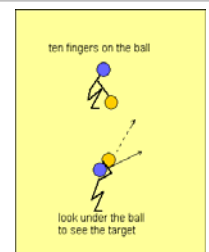
## Activity:

### Frog Shooting

- Perform a squat – It is important that the "player sit in a chair".
- Place ten fingers on the ball.
- Raise the ball to the forehead at the same time pushing with the legs.
- The player should be able to look under the ball to see the target at release.
- This is to teach the proper activation of the shooting muscles.

*Note:* This should happen in a continuous motion. The player may sight the target by looking over the ball, but at the release you should encourage them to be looking under the ball. Power comes from the legs, finesse from the upper body.

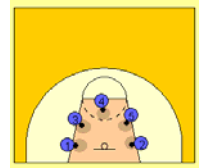
- The target does not always have to be a basket. Give the players different objects to shoot at varying heights. We want the players to discover that "finesse not power" is needed to shoot a basketball. Power comes from legs.





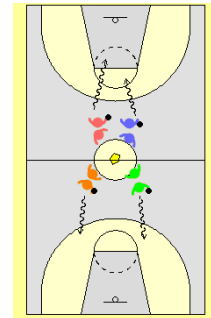
*Around the World Shooting*

- The coach marks out spots from which the players will shoot.
- Use spot markers or pylons.
- The players take turns shooting from each spot.
- The basket or target should be at an appropriate height; the distance should also reflect their abilities.



*Dice Shooting*

- The players partner up with one ball per pair.
- One player throws the dice.
- The first pair to score the exact score shown on the dice wins.
- For example:
  - 1 – a foul shot
  - 2 – two foul shots or one field goal
  - 3 – three foul shots, one foul shot and a field goal
- The players must work together and learn to play to their strengths.
- You must decide how many attempts they get before they must return to centre.
- They must alternate turns.



*Basketball Golf*

- Set up six shooting stations in the form of a golf course, with a station at each basket.
- Prepare scorecards similar to a golf scorecard, with a square for each of the team members and each of the six holes (baskets). A brief description and par for each hole should be listed.
- Divide your class evenly into six teams, and send one team to each of the six stations.
- Explain that they will be playing a shooting game similar to golf and that there are signs at each basket explaining what to do.
- Each player will record his or her score following each basket.
- Remind the players that the lower the score, the better.
- Players are encouraged to keep track of their best score and try to do better each time.

Hole 1 (Par 3)	2 right-handed layups	Score:
Hole 2 (Par 4)	2 left-handed layups	Score:
Hole 3 (Par 3)	2 free throws	Score:
Hole 4 (Par 5)	2 baseline jump shots	Score:
Hole 5 (Par 4)	3 jump shots from wing	Score:
Hole 6 (Par 3)	1 shot from each block	Score:

**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