



LESSON #2

* Bring permanent marker to label balls of players who haven't done so. Have players divided into teams before the session. No balls will be needed for the activities in this session.

FUNDAMENTAL SKILL: Movement

LIFE SKILL: Sportsmanship and Fair Play

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:

Line Tag

- Players spread out, one player is "it"
- Each player finds a line to start on
- On "GO", it is a basic game of tag but players must stay on the lines on the court

Lesson #2 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss what it means to demonstrate good sportsmanship. Explain Fair Play and Players Code of Conduct
- **Fundamental Skill:** Movement (Stopping/Changing of Direction)
- **Goal:** To stop/change direction on balance and under control

Teaching Progression: Stopping

Two-Foot Jump Stop

- Player begins in ready position and moves forward
- Body lowers, two feet land simultaneously, slightly staggered
- Body lowers, knees bend, arms balance
- Body in ready position

Stride Stop

- Player begins in ready position and moves forward
- Body lowers, feet land one foot after the other, slightly staggered
- First foot to contact floor becomes pivot foot
- Body lowers, knees bend, arms balance
- Body in ready position

Change of Direction

- Lower shoulder in the direction the child wants to go.
- Plant hard the outside foot
- Push in the new direction
- Shift weight on to new foot
- Move forward

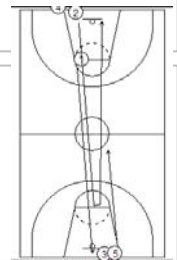


Activity:

Stopping, Changing Direction

- Players in scatter formation
- Players run on spot
- On whistle, players execute a two foot (one beat) jump stop
- >> Repeat with:
 - Faster run on the spot
 - Quieter jump stop. (Try to land softly)
 - Repeat, three steps with stride stop
 - Repeat, with players running around court (each time with different movements), changing directions

*As the players jump stop, have them verbalize aloud: **"One Beat Stop or Jump Stop!"**



Run Rabbit Run

- Player #1 starts at the foul line and Player #2 starts at the baseline
- On a signal, Player #1 takes off running to the opposite baseline, with Player #2 trying to tag the back of Player #1
- Once #2 hits the foul line, he/she changes direction and head back to the other basket
- Player #5 now enters the contest and try to tag player #2

Red Light/Green Light

- Players spread out along baseline, coach at center
- Coach calls out "Green Light", players run forward
- Coach calls out "Red Light" players stop and get in stance
- Players try to run to other end of court, if not in stance on "Red Light", players are eliminated
- Repeat until one player left
- Play several times
- >> **Load:**
 - Make the players balance on one foot and start moving from one foot
 - Change the type of movement – transform to animal walks; stop in fun positions

Introduce and Play Modified Game:

1	Blow whistle, bring players into center court
2	Introduce the concept/object of the game in simple terms
3	Introduce the court and equipment (basket, out of bound lines)
4	Introduce the rules (Dribble Rules, Traveling Rules, Defense Rules)
5	Introduce referee, explain role in game
6	Explain shift rotations, substitutions and equal time
7	Put players into balanced teams
8	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements (Coaches give out uniforms to players)
3	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Evaluate teams for balance and make necessary adjustments
- Coaches meet