



LESSON #9

FUNDAMENTAL SKILL: Triple Threat Position, Jab Step, Ball Fake

LIFE SKILL: Responsibility

	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:

The Land of the Raptors

- * This game is essentially British Bulldog with dribbling added
- Choose 2 players to be Raptors and put the Raptors in the middle of the court to start
- The rest of the players start on the baseline
- On the whistle, players run through *The Land of the Raptors*
- If a Raptor tags a player, that player becomes a Raptor as well
- Keep playing until only 1 player is left

Lesson #9 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss responsibility (on the court, at home, at school) and how players must be responsible for their own actions
- **Fundamental Skill:** Triple Threat Position, Jab Step, Ball Fake
- **Goal:** Introduce correct body positioning for shooting, passing, dribbling, create space from defender

Teaching Progression: Triple Threat Position

Body Position

- Feet shoulder width apart, in balanced stance
- Shooting foot ahead of non-shooting foot in heel-toe relationship
- Weight on balls of feet
- Knees bent, butt down, back straight
- Chin over shooting foot

Hand & Arm Position

- Finger tips on ball, comfortably spread, wrist bend back
- Non shooting hand on side of ball, fingers point upward
- Thumbs of both hands form a "T", but do not have to touch
- Elbow of shooting arm bent to 90° and pointing toward the rim
- Keeping same arm & hand position, ball near hip when not preparing to shoot

Activity:

Random Stops

- Players in scatter formation, each with a ball
- Players jog around court
- On whistle, players jump stop into triple threat position
- Coaches move through group and test players for balance (gentle push on shoulders)
- Repeat several times using different types of movement (hopping, sliding, running backwards etc.)



Military Drill

- Players spread out in 3 lines in front of the coach
- On coach's command, all player toss the ball to themselves and get into triple threat position
- Coach yells "Jab Left", players jab step left
- Coach yells "Jab Right", player jab step right
- Coach yells "Pass Fake", players pass fake
- Repeat commands in different orders
- Coaches can also add their own commands, such as pivot, drop step, etc.

Monkey in the Middle

- Players in groups of 3, one ball
- 2 players 8-10 feet apart from each other, third player guarding one player
- Player being covered is in triple threat position, using pivot foot, jab step and fakes, must get around defender and pass to partner
- Defender closes out on player with ball, player jabs and fakes, makes a pass
- Players switch roles when defender gets ball, or when coach blows whistle to switch

Jab and Dribble

- Players stand with a partner outside the key, one ball
- First player tosses ball to self, catches and gets into triple threat position
- Player jab steps and takes one dribble left or right toward the basket
- Switch partner after 10 self tosses
- >> **Load:**
 - Partner becomes guided defense
 - Player tosses ball, catches and gets into triple threat position
 - Jab step and take a dribble with the goal of beating defender

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