

Lesson Plan 1 – Introducing the Game

Intro to Rules: No Running with the Ball, Only One Dribble Allowed, No Physical Contact.

Coach Rules: *Lock In; Hustle*

<u>Warm-Up</u>	10:00 – 10:05	Pistol Pete Series	Coach led ball-handling movement and co-ordination. Focus is on movement patterns and fun challenges.
<u>Skill 1</u>	10:05 – 10:10	Pass & Tag	Three players attempt to tag the rest of the team by passing the ball amongst themselves and touching a runner.
<u>Skill 2</u>	10:10 – 10:15	Fox and Rabbit Tag - Passing	Same idea as above, however now the foxes have to steal a tail for the rabbit to join them as a fox.
<u>Skill 3</u>	10:15 – 10:20	Ten Straight Passes	Divide the group into two – four teams. Teams attempt to make ten straight passes. Allow for progressions and regressions.
<u>Ice Breaker</u>	2 Min	Alphabetical Lines	Thinking & IQ Game
<u>Game 1</u>	10:22 – 10:30	Bench Ball	Two Benches on either end of the court. One player from each team stands on the bench and the teams score by passing the ball to the player on the bench.
<u>Game 2</u>	10:32 – 10:40	Bench Ball (Cont'd)	
<u>Review & Reflect</u>	10:40 – 10:45	Players Reflections	

Coaches Hot Review:

Lesson Plan 2 – Movement Mechanics

Intro to Rules: Running, Changing Direction, Stopping.

Coach Recall to Start**

Warm-Up	10:00 – 10:05	Pistol Pete Series	Coach led ball-handling movement and co-ordination. Focus is on movement patterns and fun challenges. Add RLGL to the end
Skill 1	10:05 – 10:10	Head & Shoulders	Head & Shoulders & Pick up Schle Tag Knee/Shoulders Black White Tagging Game (Run, Back Pedal, Slide, Hop) RPS & Tag
Skill 2	10:10 – 10:15	Ribbon Pick-Ups	In Groups, teams sprint and pick up a ribbon and hustle back to their group. Advance with points, sliding, running, backpedalling etc. Tic Tac Toe
Skill 3	10:15 – 10:20	Five Cones Decision	6 Players in a Pentagon. Players interchange on the outside as the player in the middle tries to steal base.
Game 1	10:22 – 10:30	American Football	Players have to work together to get the ball over to their endzone. No dribbles, no contact. Passing only.
Game 2	10:32 – 10:40	American Football	
Review & Reflect	10:40 – 10:45	Players Reflections	

Coaches Hot Review:

Lesson Plan 3 – Passing & Catching Emphasis

Emphasis on Stopping with the ball and not travelling. Emphasis on good passes.

Coach Recall to Start**

<u>Warm-Up</u>	10:00 – 10:05	Red Light Green Light & Heads Shoulder Series	Working on start stop movement and acceleration, quickness and reaction.
<u>Skill 1</u>	10:05 – 10:10	Cats and Mouse	Players pass the ball around the mouse not letting the mouse get it. Mouse tries to touch the ball as many times as he can.
<u>Skill 2</u>	10:10 – 10:15	Stuck in the Mud (Runner with ball can't be tagged)	To emphasise quick passes, confine the space and make it smaller. This forces more communication and short sudden movements.
<u>Skill 3</u>	10:15 – 10:20	Ribbon Pick-Up	Review from previous day and see if it can be advanced. Encourage and facilitate players testing their boundaries. Some may be able, others not
<u>Game 1</u>	10:22 – 10:30	Passing Pirates	
<u>Game 2</u>	10:32 – 10:40	Branch Monkeys	
<u>Review & Reflect</u>	10:40 – 10:45		

Coaches Hot Review:

Lesson Plan 4 – Ball-Handling & Dribbling

Emphasis on pounding the ball, using a pushing action.

Coach Recall to Start**

<u>Warm-Up</u>	10:00 – 10:05	Pistol Pete Series	Coach led ball-handling movement and co-ordination. Focus is on movement patterns and fun challenges. Add RLGL Dribbling to the end
<u>Skill 1</u>	10:05 – 10:10	Fox & Rabbits – Dribbling Series	Foxes have to steal the rabbits' tail but must maintain the dribble as they race around stealing the tails
<u>Skill 2</u>	10:10 – 10:15	King of the Ring	Players all start in a confined space, trying to knock each other's basketball out of their hands.
<u>Skill 3</u>	10:15 – 10:20	Bull Rush	Players race from one end to the other maintaining their dribble and avoiding the cowboys.
<u>Game 1</u>	10:22 – 10:30	Intro to 3vs3	Players play 3vs3 FIBA. Both teams shoot into the same basket, however after a shot, defense team needs to clear the ball before they attempt to score in the same basket
<u>Game 2</u>	10:32 – 10:40	3vs3 continues	Same as above
<u>Review & Reflect</u>	10:40 – 10:45		

Coaches Hot Review:

Lesson Plan 5 – Shooting the Basketball

Shooting is the most technical skill in the sport. It is not easy and players often fall back to movement patterns that are contradictory in nature. Patience and constraints can be used to assist players. Allow players to love the game first. Putting shooting here allows you to create trust and buy in from the previous sessions to allow you to coach them.

Coach Recall to Start**

<u>Warm-Up</u>	10:00 – 10:05	Shooting Series	Shooting Series with no basket. Work on flicking the wrist. Lying down shooting, line shooting, form shooting, partner shooting
<u>Skill 1</u>	10:05 – 10:10	Ribbon Pick-Up – Shooting Variation	Players dribble and shoot at a basket. If they score, they can pick up a ribbon. Define what a score is depending on player level.
<u>Skill 2</u>	10:10 – 10:15	Terminator	Players are divided into four groups and attempts to dribble and score before the other team scores. If they score, they go back into their line. Otherwise, they are out. If a player shoots using the correct form and misses, he is still allowed to go back and continue the game
<u>Skill 3</u>	10:15 – 10:20	Twenty One	Players in Groups of 3-4. Teams of 2 in each basket. Player shoot at the basket using correct form. If form isn't used, then no score. Otherwise, swishes are three, makes two and rim touches one. Play to 21.
<u>Game 1</u>	10:22 – 10:30	3v3	Same as Previous Day
<u>Game 2</u>	10:32 – 10:40	3vs3 continues	Same as above
<u>Review & Reflect</u>	10:40 – 10:45		

Coaches Hot Review:

Lesson Plan 6 – Shooting a Lay Up

Teaching the correct technique (coordination and footwork)

Coach Recall to Start**

Warm-Up	10:00 – 10:05	Leap Frogs & Over Under	Groups of 3 -4. Players play leap frog over each other and then over under on the way back. Finish with RLGL to get the guys warm.
Skill 1	10:05 – 10:10	Lay-Up Breakdown 1.Take off Step 2.Two Steps 3.Dribble Step	Practicing the breakdown of the lay-up. Bear in mind that players will not get it in this session. Be patient and don't stay too long on this part
Skill 2	10:15 – 10:20	Hot Seat	Use Hot Seat with a lay-up variation to work on the technique. Define the scoring system
Skill 3	10:10 – 10:15	Twenty One	Same as last lesson, however using the progression from above. Using lay-ups instead of shooting. Start on the left side.
Game 1	10:22 – 10:30	3vs3vs3	Have teams of four with one substitute playing attacking one basket. If a team scores they stay on offense, otherwise a new team comes in on defense and you keep playing
Game 2	10:32 – 10:40	3vs3 continues	Same as above
Review & Reflect	10:40 – 10:45		

Coaches Hot Review:

Lesson Plan 7 – Blending it All

Learning requires mistakes. Encourage the right type of mistakes. Reward mistakes

Coach Recall to Start**

<u>Warm-Up</u>	10:00 – 10:05	Bull Rush	Use Bull Rush to warm-up. Start with the Passing Variation and progress in the warm up
<u>Skill 1</u>	10:05 – 10:10	Recap Lay-Up	Use Hot Seat or Twenty-One to recap and emphasize the lay-up technique. More important for beginners than the shooting mechanics
<u>Skill 2</u>	10:10 – 10:15	American Football	Divide the group into four teams and play American Football allowing one dribble in live play. Also allow five points for a successful lay-up. If a player takes a lay-up and misses but tries to use correct form, no penalty. Otherwise, the team loses all points.
<u>Skill 3</u>	10:15 – 10:20	Four Cones Decision using Passing and Dribbling	Player in the middle dribbles and the other guys pass before they can move.
<u>Game 1</u>	10:22 – 10:30	4 on 4 Scrimmage	Have teams of four attacking one basket. If a team scores they stay on offense, otherwise a new team comes in on defense and you keep playing
<u>Game 2</u>	10:32 – 10:40	4 on 4 Scrimmage	Same as above
<u>Review & Reflect</u>	10:40 – 10:45		

Coaches Hot Review:

Lesson Plan 8 – Blending it All (Again)

Mistakes is a good thing, Taking action is a good thing.

Coach Recall to Start**

<u>Warm-Up</u>	10:00 – 10:05	Cat and Mouse	
<u>Skill 1</u>	10:05 – 10:10	Recap Lay-Up	Use Hot Seat or Twenty-One to recap and emphasize the lay-up technique. More important for beginners than the shooting mechanics
<u>Skill 2</u>	10:10 – 10:15	Bench Ball	Divide the group into four teams and play Bench Ball allowing one dribble in live play. Also allow five points for a successful shot following a pass onto the bench. If a player uses correct form and misses no penalty. Otherwise, the team loses all points.
<u>Skill 3</u>	10:15 – 10:20	Ribbon Pick Up	Variation – If a player double dribbles or carries the ball, then her team loses all the schleifen that they have.
<u>Game 1</u>	10:22 – 10:30	4 on 4 Scrimmage	Have teams of four attacking one basket. If a team scores they stay on offense, otherwise a new team comes in on defense and you keep playing
<u>Game 2</u>	10:32 – 10:40	4 on 4 Scrimmage	Coach on the fly using tweets. Coach on the sides. Avoid stopping to correct the action.
<u>Review & Reflect</u>	10:40 – 10:45		

Coaches Hot Review:

Game Ideas:

Game	Details	Variation
Stuck in the Mud	2 - 3 Guys are catchers and everyone else is a runner . Catchers need to tag a runner to get him stuck in the mud. Once caught, a runner can only be freed if someone crawls between his legs to free him.	<ul style="list-style-type: none"> -Allow the catchers to pass a ball between them. Only the catcher with the ball can tag someone. -Allow the runners to have 2 - 3 balls. Anyone with the ball cannot be tagged. -Allow the catchers to dribble a ball as they tag. -Allow the runners to dribble as they run. -Allow everyone to have a basketball -If a runner is tagged, allow them to shoot a lay-up. If they score, they are still free, otherwise they've been caught
King of the Ring	Everyone is in a confined space. Players run around trying to tag each other. Once tagged, a player has to exit the area. This continues until only one player is left who is the King/Queen of the Ring	<ul style="list-style-type: none"> -Start by tagging knees, or shoulders. -Advance would be for everyone to dribble the ball as they try and tag knees and shoulders -Advance by tipping or touching the basketball of another dribbler. -Have someone tagged shoot a shot. If they score, they get to go back in the game. If not, they are out.
Flush the Toilet	Same as STUCK IN THE MUD , except when caught, runners will lunge with their knee OFF the floor and a hand sticking out. A player will flush the toilet to get them free.	SAME AS STUCK IN THE MUD
BullRush	BULLS start on one end of the court. COWBOYS start in the middle and try and catch as many bulls as they can as the bulls' cross from one side to another. Cowboys, only have a limited strip in the middle of the court to move.	<ul style="list-style-type: none"> -Cowboys can have a ball between them and only the cowboy with the ball may catch a bull -Bulls can all have basketballs that they need to dribble as they rush to the other side. -Everyone can have a basketball that they need to dribble as they do this - Have the bull who's caught shoot and if they score, they can continue as a bull.
Foxes & Rabbits	Divide the group into FOXES and RABBITS . Rabbits are given tails Foxes try and catch as many rabbits as they can. Once caught, the rabbit becomes a fox.	<ul style="list-style-type: none"> -Same variation as above examples. Can be used to facilitate passing, dribbling and shooting. - Have a coach at the shooting basket to watch shooting mechanics. Passing and dribbling are less important technically.

American Football	Divide the group into two. Team will pass the ball amongst themselves and try and get the ball into the endzone. The pass into the endzone has to be a clean pass. Once caught in the endzone, the player needs to place the ball down to get the point.	<ul style="list-style-type: none"> -Advance by adding a second basketball into the game. -Allow one dribble for each player, but it must be a pass into the endzone. -Have a player on each team wear a special pinny. If this player scores a touchdown, the scoring team gets the ball back or they get extra points or the losing team has to do a consequence.
Bench-Ball	Have a bench on either side of the court with a player from each team standing on it. Players have no dribbles and score by passing the ball to their teammate on the bench. Player on the bench rotates after every score.	<ul style="list-style-type: none"> -You can score from any side (no out of bounds) -Add one dribble for each player - Add the PINNY rule – As explained above in American Football.
Branch Monkeys	Same set-up as bench ball, however players have a zone and cannot invade in the other teams zone. Both teams attempt to pass balls across the other teams zone to their teammate on the bench. If the person on the bench catches it, the player can then join her teammate on the bench. Keep going until one team has everyone on the bench.	<ul style="list-style-type: none"> -Add multiple balls into the game - Have monkeys on the ground dribble a basketball as they pass the ball across to their teammate
Head & Shoulder Series	Player pair up and face each other. There is a cone or a schleifen in front of them. Coach yells head, shoulders, knees, toes etc. Players must touch the corresponding instruction. When the coach yells cone, both players must attempt to grab the cone. The player who grabs it first gets a point.	<ul style="list-style-type: none"> -Advance by reversing the order. If you yell knee, the player must touch his shoulder etc. -Start facing the opposite way and not the cone. -Assign one team to be the black team and the other white. In the middle of head, shoulders etc. If white is yelled, players on white must tag black vice versa. -Flip the instructions, so shouting black means white must tag black -Add a dribble, so players must dribble while doing it -Add rock paper scissors to initiate the tag -Use different movement patterns.

Cats & Mouse	Two or three players in a group. The cats pass the ball around to each other not letting the mouse get the ball. Every time the mouse touches the ball, she gets a point.	<ul style="list-style-type: none"> -Keep the players going for thirty seconds and then rotate -Players must pass the ball within a second or receiving it -Players must pass without looking to their intended receiver -Players must use a fake before passing -If the ball is stolen or touched, switch immediately.
Ten Straight	Divide the group into two teams. Teams try and complete ten passes in a row to win. If the other team intercepts or deflects the ball, then the possession changes and the other team attempts to complete ten passes.	<ul style="list-style-type: none"> -Expand or Contract the court as appropriate -Have players go touch a spot on a wall or high five a coach after every pass -Allow one dribble to allow players to create space -Add a PINNY rule
Beat the Clock	One team stands in a circle and passes the ball amongst each other without dropping it. If it is dropped, they go back to zero. The other team completes a dribble course. Once the team finishes the course, count how many passes the passing team has. Then the teams switch as first team tries to beat the score.	<ul style="list-style-type: none"> -Add 2 or more basketball for the passing team. -Add a passing rule so that players have to pass quicker or use a certain pass. - After every pass, players must sprint to the opposite side and back in
Around the Circle	Two teams stand in separate circles. Players must not pass the ball to the person standing right beside them but can pass to anyone else. Players attempt to make as many passes as they can in a short amount of time.	<ul style="list-style-type: none"> -If the basketball drops, the score resets to 0 -allow one player from a team to invade the other teams court and deflect the ball (no physical contact) -Add 2-3 basketballs in the circle -Add 2-3 defenders from the other team into the each other's circle.
Ribbon Series	Divide the group into teams of two or three players. Each group has one ball and is at a cone. Place schleifen or cones over the court. On your whistle, one player from each group sprints and pick up a cone/schleifen and back to their group, next player goes. Repeat	<ul style="list-style-type: none"> -Assign points for cones and schleifen as needed. -Add basketballs and remove dribbles to force players to pass amongst each other as they move up and down the court -add a dribble, so they have to dribble and pick up the cones -add a shooting element, so that players have to shoot before they can pick up a cone or schleifen -let the players come up with new rules

	until every cone is picked up.	
Four Cones Decision	Have four cones spread out in a square. One player at each cone and another player in the middle. Players on the cones attempt to exchange spots as often as possible. The player in the middle attempts to sprint into an unattended cone. If she gets there, then the player who should have been there is now in the middle.	<ul style="list-style-type: none"> -Add points for each run or exchange a player completes. -Allow players to pass the ball before they exchange -add basketballs to the player in the middle so that she needs to dribble to steal a cone - add basketballs to the players on the cones so that they have to dribble to get to another spot
Pirates	Everyone has a ribbon or a pinny hanging from their shorts. Pirates (5-8) don't have pinnys. Pirates attempt to steal the treasure (pinny). When they have stolen the treasure, they are now not a pirate and the player without a pinny has become a pirate.	<ul style="list-style-type: none"> -allow the team that's running to have a basketball. Player with the ball cannot get her treasure stolen -Allow pirates to dribble as they attempt to steal the treasure. -Let the runners dribble a basketball as they attempt to protect their treasure
Three-Legged Race	Use a schleifen to connect two players. The schleifen must remain taut as players race up and back on the court.	<ul style="list-style-type: none"> -advance by allowing the players to dribble a basketball up and back -change this up by giving the players a series of passing and coordination drills whilst keeping the schleifen in place.
Follow the Leader	One player or the coach stands at the front and performs a series of dribbling moves as everyone else tries to follow what the leader is doing.	<ul style="list-style-type: none"> -have the leader move over the court -allow and encourage creative points -
Dribble Relays	Organise the court to facilitate multiple skills, including having hoops, schleifen, bean bags and any other sources. Players must complete the dribble relay whilst competing against the other teams	

Twenty-One	Two teams shoot into one basket. If a player hits the rim, they get one point, if they score, they get two points, if they swish it, they get three points. Game finishes when one team gets 21 points exactly. If they get 22 points, they go back to zero and start again.	<ul style="list-style-type: none"> -If a player rebounds the ball before it hits the ground, they get an extra shot -if a team swishes two in a row, they get double points -if a specific player scores on either team, the opposite team runs up and back and continues from where they were.
Knockout	Players stand in a line facing the basket. First two players have a basketball. Player one shoots and keeps shooting the ball until he scores. Player two starts shooting as soon as player one has shot. If player one scores, then player two keeps shooting as player one goes to the back of the line and player three starts shooting. If player two scores before player one, then player one is out of the game and player two moves to the back of the line.	<ul style="list-style-type: none"> -Change the definition of a score based on the players you have. Hitting the ring, hitting the backboard, hitting the net etc. -Allow a player that's out an opportunity to come back in the game. This could mean if the player that knocked him out is knocked out then he can return or it could be something else.
Hot Seat	Simplified version of the above game. Player one shoots the ball (one shot only). If he scores, he proceeds to the back of the line. If he misses, he sits in the hot seat. If the player behind him scores, then he is out. If the player behind him misses however, then player one goes to the back of the line and player two sits in the hot seat	<ul style="list-style-type: none"> -Game is a favourite of players, however involves a lot of standing around. Change this by not allowing anyone to be out. However, if they are knocked out, they need to sprint up and down twice before coming back in the game. -Allow a player to return to the game if the guy that knocked him out is knocked out.
McCorcmick 1v1	Players pair up and start on the baseline. The player on the inside has a basketball. Player dribbles around the cone and finishes a lay-up as the other player puts	<ul style="list-style-type: none"> -Vary the starting spot for each player -Add a lime limit to get the shot off -Add a second defender so the player has to make a read on whether to pass or shoot -Progress to 2v2 or 3v3 -Move the cone so that different angles, distances are being worked on.

