

Lesson Title Monday – Basketball Camp – Younger Students		Lesson duration 2 hours		Age 4-7 years		Sports Basketball	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their dribbling, passing, jump-shots , lay-ups, post moves, defence and movement.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.			Risk Assessment There is a risk from kids overheating.		Resources 20 basketballs, markers, 2 mini-goalposts		
Game & Focus	Time	Content			Organisation & Risk		Resources
Free Play	5 min	The students can practice their shooting, whilst the coaches are setting up					Basketballs
Bullrush: basketball Students will improve their dribbling technique, arm guard, defence and drawing of charges.	10 min	Students need to dribble the balls from one end of the basketball court to the other without the ball travelling out or being stolen by a defender.			Half Class or Full Class <i>Students being knocked over by other students or by coaches.</i>		24 basketballs
Tag Ball: basketball Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a basketball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.			Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>		2 basketballs
Fruit Salad: basketball Students will improve their skills: dribbling, triple threat and passing.	10 min	Each student chooses to be a pear, apple or banana. The students each have a basketball, and they have to perform basketball skills: dribbling, crossovers, triple threat position. When the coach calls a specific fruit all the students of that fruit race and touch the wall. If the coach calls, “Fruit Salad!” all the students race.			Small Groups. Full Class		24 basketballs
Round the World: basketball Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”. This activity can be progresses by adding a passive defender who places “hand in the eyes” and then boxes out after the shot.			Small Groups. Full Class		24 basketballs

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Jump-shot Demonstration</u> Students will learn the correct technique for performing jump-shots.	3 min	The coach will model how to hold the basketball, get into triple threat position, “lock the elbow out” and “reach into the cookie jar”. The aim is to achieve a swish when shooting jump-shots.	All students	20 basketballs
<u>Shooting</u> Students will improve their shooting technique	12 min	Students will shoot from the wing and if they make the shot they will run to the opposite wing. Their partner will take the rebound and pass the ball to the shooter. The shooter has 2 minutes to score as many goals as possible and then the partners swap roles. This activity is continued in different areas: free-throw, elbow etc.	Partners. Older students.	10 flat-markers, 5 mini-nets
<u>1 v 1 box-out drill</u> Students will improve their shooting, rebounds and box-outs.	15 min	The defender passes the ball to the shooter and then quickly closes him/her down placing a hand up to the shooter’s eyes. The shooter shoots, and the defender boxes out. If the shooter scores, he/she gets to be the shooter again. If the shooter misses, whoever gets the ball is the shooter. If the ball goes out, the defender becomes the shooter.	Partners	10 flat-markers, 5 mininets, 10 witches hats, basket of balls
<u>Golden Child</u> Basketball – older kids group and younger kids group	15 min	Two teams, as one student shoots from one team a student from the other team attempts to run dribbling a basketball around the court. When/if the ball goes in the runner has to freeze.	Older students	2 bags of basketballs 2 small goals
<u>Basketball Matches</u>	30 min	Three points for a swish. If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 3, 4 or 5	2 basketballs

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<u>Fruit Salad: basketball</u> Students will improve their skills: dribbling, triple threat and passing.		10 min	Each student chooses to be a pear, apple or banana. The students each have a basketball, and they have to perform basketball skills: dribbling, crossovers, triple threat position. When the coach calls a specific fruit all the students of that fruit race and touch the wall. If the coach calls, "Fruit Salad!" all the students race.			Small Groups. Full Class		24 basketballs
<u>Round the World: basketball</u> Students will improve their shooting technique.		10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by "Top, Side, Snap" and focus on locking out their shooting arms and "Reaching into the cookie jar". This activity can be progressed by adding a passive defender who places "hand in the eyes" and then boxes out after the shot.			Small Groups. Half Class		24 basketballs

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Demonstration of Dribbling Students will learn dribbling technique.	3 min	The coach demonstrates dribbling technique: crossovers, between legs and stop and start. Focus – low and tight, arm guard, use of the body, ball out in front.	All students.	20 basketballs
Dribbling Races Students will use their dribbling skills.	10 min	The students will race from baseline to baseline. Progressions can include having to score a basket, weaving between chairs, incorporating crossovers and between the legs.	Small groups.	Basketballs
Keep the Ball Students use their body to keep the ball for as long as possible	10 min	Students need to dribble the ball correctly (no double dribbles) and use their body to keep the defender away. Each student's aim is to keep the ball for as long as possible. Progressions could include having two defenders.	Groups of 2 or 3 students.	Basketballs
Basketball Numbers The students will use their dribbling, passing and shooting skills.	12 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a basket is scored or the ball goes out, the coach calls the next number(s).	Two groups.	2 basketballs.
Basketball Matches	30 min	Three points for a swish. If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 2, 3, 4 or 5	2 basketballs

Lesson Title Wednesday – Basketball Camp – Younger Students		Lesson duration 2 hours		Age 4-7 years		Sports Basketball	
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Game & Focus	Time	Content			Organisation & Risk		Resources
<u>Free Play</u>	5 min	The students can practice their shooting, whilst the coaches are setting up					Basketballs
<u>Bullrush: basketball</u> Students will improve their dribbling technique, arm guard, defence and drawing of charges.	10 min	Students need to dribble the balls from one end of the basketball court to the other without the ball travelling out or being stolen by a defender.			Half Class or Full Class <i>Students being knocked over by other students or by coaches.</i>		24 basketballs
<u>Tag Ball: basketball</u> Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a basketball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.			Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>		2 basketballs
<u>Fruit Salad: basketball</u> Students will improve their skills: dribbling, triple threat and passing.	10 min	Each student chooses to be a pear, apple or banana. The students each have a basketball, and they have to perform basketball skills: dribbling, crossovers, triple threat position. When the coach calls a specific fruit all the students of that fruit race and touch the wall. If the coach calls, “Fruit Salad!” all the students race.			Small Groups. Full Class		24 basketballs
<u>Round the World: basketball</u> Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”. This activity can be progressed by adding a passive defender who places “hand in the eyes” and then boxes out after the shot.			Small Groups. Full Class		24 basketballs

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Passing Demonstration Students will learn the different types of passes	3 min	The coach models chest passes, shoulder passes and bounce passes.	All students	10 basketballs
Races Students will improve their passing to move the ball as quickly as possible.	10 min	The students (in groups of 3) start on the baseline and need to pass the ball to everyone before scoring a goal at the other end. The team that scores the fastest basket is the winner. Focus on passing the ball in front of the running player – don't make him/her stop.	Groups of 3 Older students.	5 basketballs
Piggy in the Middle Students improve passing	10 min	Two students need to keep the ball away from a defender. The defender tries to intercept the ball or force the attackers to put the ball out.	Groups of 3 Older students.	6 basketballs
Tennis basketball Students will use different passing techniques.	15 min	Students play singles with a basketball. The ball is allowed to bounce once. There is tennis scoring 15, 30, 40 game. The coach designates whether the students have to chest pass, shoulder pass and bounce pass.	Teams of 3, 4 or 5 Older students.	3 basketballs, 3 mini-nets
Basketball Matches	30 min	Three points for a swish. If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 3, 4 or 5	2 basketballs

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Prior Knowledge.		Risk Assessment There is a risk from kids overheating.		Resources 20 basketballs, 2 mini-goalposts, markers
Game & Focus	Time	Content		Organisation & Risk
<u>Free Play</u>	5 min	The students can practice their shooting, whilst the coaches are setting up		Basketballs
<u>Bullrush: basketball</u> Students will improve their dribbling technique, arm guard, defence and drawing of charges.	10 min	Students need to dribble the balls from one end of the basketball court to the other without the ball travelling out or being stolen by a defender.		Half Class or Full Class <i>Students being knocked over by other students or by coaches.</i>
<u>Tag Ball: basketball</u> Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a basketball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.		Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>
<u>Fruit Salad: basketball</u> Students will improve their skills: dribbling, triple threat and passing.	10 min	Each student chooses to be a pear, apple or banana. The students each have a basketball, and they have to perform basketball skills: dribbling, crossovers, triple threat position. When the coach calls a specific fruit all the students of that fruit race and touch the wall. If the coach calls, “Fruit Salad!” all the students race.		Small Groups. Full Class
<u>Round the World: basketball</u> Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”. This activity can be progressed by adding a passive defender who places “hand in the eyes” and then boxes out after the shot.		Small Groups. Full Class

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Demonstration of Lay-up Students will learn lay-up technique.	3 min	The coach demonstrates lay-up technique: push technique, underhand technique. Focus – two steps, for a right hand lay-up jump off the left foot and imagine that there is a string attached between the right knee and right hand. The left hand is opposite.	All students	20 basketballs
Layp-up Drill Students will improve their lay-up technique.	10 min	The coach will have to act as the backboard. The student start with feet together. The ball is passed to the student. The student takes one step (left foot) and performs a lay-up with the right hand. The same activity should be done with the left hand. Progressions can include running without dribbling and finally dribbling.	Small groups.	Basketballs
Lay-up Race Students will use their lay-up skills	15 min	The students race from opposite corners. The first student to perform a successful lay-up win the race. The coach will have to act as the backboard.	Two groups.	4 basketballs.
Basketball Numbers The students will use their dribbling, passing and shooting skills.	12 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a basket is scored or the ball goes out, the coach calls the next number(s).	Two groups.	2 basketballs.
Basketball Matches	30 min	Three points for a successful lay-up. If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 3, 4 or 5	2 basketballs

Lesson Title Friday – Basketball Camp – Younger Students		Lesson duration 2 hours	Age 4-7 years	Sports Basketball
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Prior Knowledge.		Risk Assessment There is a risk from kids overheating.		Resources 20 basketballs, markers, 2 mini-goalposts.
Game & Focus	Time	Content		Organisation & Risk
<u>Free Play</u>	5 min	The students can practice their shooting, whilst the coaches are setting up		Basketballs
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<u>Fruit Salad: basketball</u> Students will improve their skills: dribbling, triple threat and passing.	10 min	Each student chooses to be a pear, apple or banana. The students each have a basketball, and they have to perform basketball skills: dribbling, crossovers, triple threat position. When the coach calls a specific fruit all the students of that fruit race and touch the wall. If the coach calls, “Fruit Salad!” all the students race.		Small Groups. Full Class
<u>Round the World: basketball</u> Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”. This activity can be progressed by adding a passive defender who places “hand in the eyes” and then boxes out after the shot.		Small Groups. Full Class

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Demonstration of Low Post Move Students will learn about post moves.	3 min	The coach demonstrates post move. The things to emphasise are a jump stop (so the player can pivot off either foot), use your butt (to create space), feet wide, back straight, jab steps, strength, drop steps, jump hooks and the 3 second area.	All students	20 basketballs
Post Move Drill Students will improve their ability to win the ball at the low post and create space to shoot.	10 min	The student starts without a defender. He/she runs across the 3 second area to receive the ball (with a jump step) then turns and drives to the basket with a single bounce. The next drill the student fakes to drive and hits a jump-shot. Progress the activity by adding a defender.	Small groups.	Basketballs
3 Man Power Rebounding Drill Students will use their box-out, rebounding and low post power moves.	15 min	Three students are underneath the basket. A coach (or a student) shoots. All three players work for position and go for the rebound. The player who gets the rebound powers the ball back to the hoop, whilst the other two players become defenders and try and stop him/her.	Two groups.	4 basketballs.
3 v 3 Halfcourt	15 min	Students need to take the ball across the halfway line before their team can shoot. The smaller court should encourage more play around the basket.	Teams of 3, 4 or 5 Older students.	2 basketballs
Basketball Matches	30 min	Three points for a successful post move. If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 3, 4 or 5	2 basketballs