

| Lesson Title Monday – Basketball Camp | | Lesson duration 2 hours | | Age 4-14 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 |

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| <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>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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| <u>Demonstration of Dribbling</u> 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 |
| <u>Dribbling Races</u> 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 |
| <u>Basketball Numbers</u> 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. |
| <u>5 v 1 + 4</u> Students will use speed of passing to shift the ball to the attacking end before defenders can recover. | 15 min | The attacking team passes the ball to a defender (who becomes the 1). The 1 passes the ball back, as the ball is caught the rest of the defenders have to run and touch the baseline before they can join the defence. The 1 tries to slow the attackers to give his/her defenders time to recover. | Teams of 3, 4 or 5 Older students. | 1 basketball |
| <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 |

| Lesson Title Wednesday – Basketball Camp | | Lesson duration 2 hours | | Age 4-14 years | | Sports Basketball | |
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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 | | 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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| <u>Passing Demonstration</u> Students will learn the different types of passes | 3 min | The coach models chest passes, shoulder passes and bounce passes. | All students | 10 basketballs |
| <u>Races</u> 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 |
| <u>Overlap Drill</u> Students improve passing, jump-shots and lay-ups. | 15 min | The students perform overlaps from baseline to baseline. The player who takes the ball inside the three point line perform a layup, whilst his/her two partners peel off to the sides to receive a pass. They then perform a jump-shot. | Groups of 3 Older students. | 6 basketballs |
| <u>5 v 1 + 4</u> Students will use speed of passing to shift the ball to the attacking end before defenders can recover. | 15 min | The attacking team passes the ball to a defender (who becomes the 1). The 1 passes the ball back, as the ball is caught the rest of the defenders have to run and touch the baseline before they can join the defence. The 1 tries to slow the attackers to give his/her defenders time to recover. | Teams of 3, 4 or 5 Older students. | 1 basketball |
| <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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| Lesson Title Thursday – Basketball Camp | | Lesson duration 2 hours | Age 4-14 years | Sports Basketball | |
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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 | 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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| 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 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. Eventually, progress this activity to knockout. | Two groups. | 4 basketballs. |
| 5 v 1 + 4 Students will use speed of passing to shift the ball to the attacking end before defenders can recover. | 15 min | The attacking team passes the ball to a defender (who becomes the 1). The 1 passes the ball back, as the ball is caught the rest of the defenders have to run and touch the baseline before they can join the defence. The 1 tries to slow the attackers to give his/her defenders time to recover. | Teams of 3, 4 or 5 Older students. | 1 basketball |
| 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 |

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| Lesson Title Friday – Basketball Camp | | Lesson duration 2 hours | | Age 4-14 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. | | | |
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| <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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| 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 |