

LESSON 1

ADVANCED

Theme: Exercising 1 hour a day makes your heart stronger and prevents disease.

Homework: Show respect for your parents and family members by thanking them for one thing.

Don't forget to submit your daily training session data SMS 'NBA #SESSIONS #STUDENTS' to +919248006202 (e.g. NBA 3 243)

FIT

LINE JUMP DRILLS

- Have all players spread out across the baseline
- On the Coach's whistle have players complete the following drills

• LINE JUMPS TWO FEET FRONT TO BACK

Jump lines as quick as possible front to back for 10 seconds



Line Jumps Two Feet Side To Side



Line Jump Front/Back One Leg

• LINE JUMPS RIGHT LEG FRONT TO BACK

On right leg only, jump line as quick as possible, front to back, for 8 seconds.

• LINE JUMPS LEFT LEG FRONT TO BACK

On left leg only, jump line as quick as possible, front to back, for 8 seconds

• LINE JUMPS TWO FEET SIDE TO SIDE

Jump lines as quick as possible, side to side, for 10 seconds.



Line Jump Side To Side One Leg

• LINE JUMPS RIGHT LEG SIDE TO SIDE

On right leg only, jump line as quick as possible, side to side, for 8 seconds.

• LINE JUMPS LEFT LEG SIDE TO SIDE

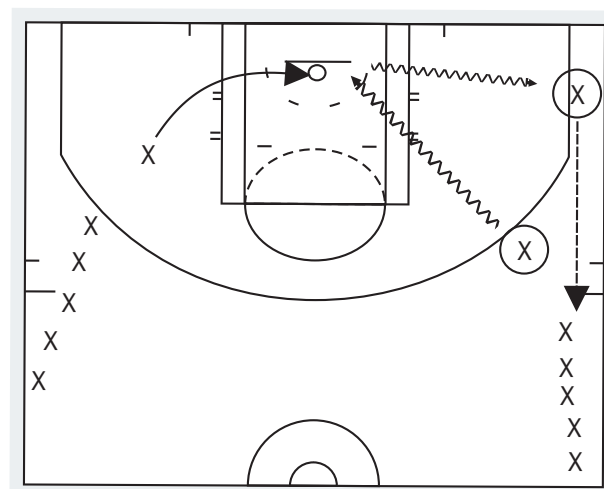
On left leg only, jump line as quick as possible, side to side, for 8 seconds - bring your knees to your chest, repeat for 10 jumps.

LEARN

Classic Half Court Layup Drill

Basic drill used by most teams in warm-ups prior to the game

- Players roughly 20 feet from basket on the wing in two evenly split lines (one line with balls, one without)
- The first player in line with the ball dribbles towards rim for a lay up
- The opposite line gets rebound from the player shooting the lay up
- The player who shot the layup jogs to the opposite line (rebounding line)
- The player who gets the rebound takes two dribbles and makes a chest pass to the next player in the shooting line
- Coach should encourage proper technique and no missed lay ups
- Drill can also be adjusted (for example, have the player in the shooting line pass to the rebound line, then receive a pass back before shooting a layup)
- Make sure to have the players perform the drill from both sides of the hoop



Lay-Ups (One Hand-One Foot) Footwork

- When dribbling right handed on right side of basket
- Plant inside, left foot and jump off of left foot and shoot with right hand
- When dribbling left handed on left side of basket
- Plant inside, right foot and jump off of right foot and shoot with left hand
- Always use the backboard
- Aim at the upper corner or the backboard square
- Shoot the basketball softly



PLAY

HOTSHOT

Every student in your school should attempt minimum 1 time.

Description

Hot shot is a fun 30 second shooting game to test a players shooting ability. Player attempts to make as many baskets as possible from designated spots on the court with a point value ranging from 1 to 5 (1 being closest to basket 5 furthest). The referee keeps track of the points from the floor to tally up for final score. This drill simulates a real game situation shooting game shots at game speed.

Divisions

1. Girls & Boys ages 8-10
2. Girls & Boys ages 11-13
3. Girls & Boys ages 14-16

Rules

1. Player always starts at lay-up position.
2. The clock starts when the referee blows the whistle (use electronic scoreboard when available)
3. Player will have 30 seconds to make as many points as possible
4. Each player will rebound their own shots
5. Player must dribble after rebound to next shooting spot
6. If there is a tie for 1st place, players will compete in one more

Scoring

- 5 Points - Foul line (15 feet)
 - 4 Points - Wing (12 feet)
 - 3 Points - Baseline (10 Feet)
 - 2 Points - Lane (6 Feet)
 - 1 Point - Lay-up (2 Feet)
- *Can only make a total of 4 points in lay-ups*
5 Point Bonus (attempt a shot from all 5 spots)

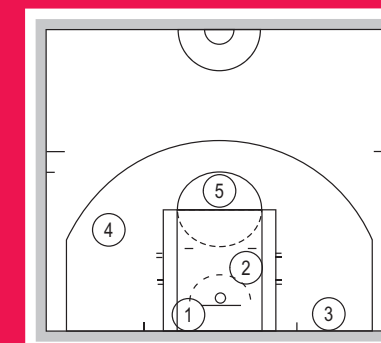
Requirements

Basketball

- U10 girls/boys (size #5)
- U13 girls/boys (size #5)
- U16 girls (size #6)
- U16 boys (size #7)

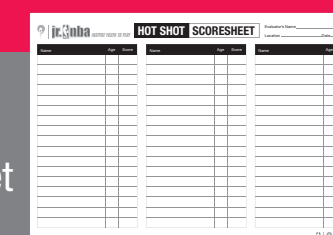
Basketball Goal Height

- U10 girls/boys (8 ½ Feet) if available
- U 13 girls/boys and U16 girls/boys (10 Feet)



Reminder

Fill out the official Hot Shot scoresheet



Exercise is fun and leading an active lifestyle will help youth build self-esteem and become better students.

For more information visit www.rf.jrnba.com