

LESSON 1

BEGINNER

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.

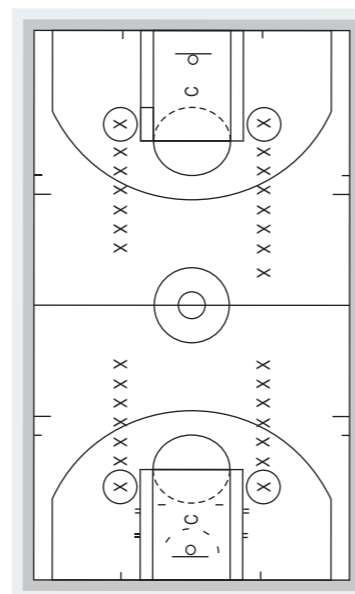
• LINE JUMPS LEFT LEG SIDE TO SIDE

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

• SHADOW LAY-UP DRILL

Line your players up across the court. On the command of your voice, players should take a step with their right foot and then jump off of their left foot in a lay-up motion. Essentially they are shooting imagined lay-ups to the command of your voice count. The hands should push and release as if they are shooting a real lay-up. Do this for right and left hand lay-ups (left side = right leg jump and left knee up).



• BASIC LAY-UP PROGRESSION DRILL

Line the players up on the block (lowest square of the paint, near the basket). You as the coach should stand on the block, holding the ball outward with two hands. Players will step with their right foot, grab the ball and explode up to the rim off of their left foot, shooting with their right hand. This basic drill has them shooting lay-ups in close without the use of a dribble, focusing on form. Make sure your players count 1-2 every time they gather for a lay-up.

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
- Player pushes the ball off of fingertips towards the upper corner of the square on the backboard



PLAY

HOTSHOT

Every student in your school should attempt minimum 1 time.

Description

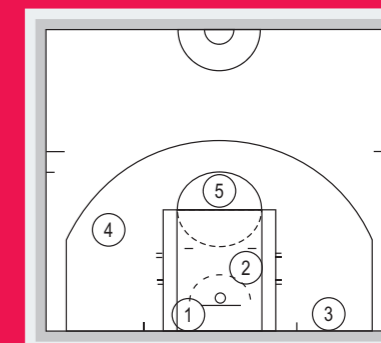
Hot shot is a fun 30 second shooting game to test a players shooting ability. Player attempts to make as many baskets as possible from designated spots on the court with a point value ranging from 1 to 5 (1 being closest to basket 5 furthest). The referee keeps track of the points from the floor to tally 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)

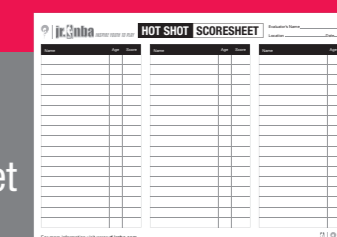
Requirements

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