

# LESSON 3

## BEGINNER

**Theme:** You can excel in academics and athletics.

**Homework:** Commit to doing one element of extra work beyond your homework that can help you understand your worst subject in school.

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

### FIT

#### CONDITIONING DRILLS

Have all players spread out across the basketball court so there is plenty of room for them to perform exercises. On the Coach's whistle, have the players complete the following drills.

**• DEFENSE STANCE**

Sit in this position for 20 seconds, 40 seconds or 1 minute based on ability.

**• ALTERNATE ARM DRIVE**

Basketball position, drive arms all the way up and all the way back keeping elbows in. Repeat 10 times.

**• BOTH ARM DRIVE**

Basketball position, drive arms all the way up and all the way back keeping elbows in. Repeat 10 times.

**• LUNGE**

One foot forward and other leg back, keeping back straight go down until knee on back leg is a few inches from ground other leg at 90 degree. Repeat 10 times. Switch legs.

**• SQUAT**

With feet shoulder width apart have players squat into 90 degrees with arms out. Repeat 5-10 times.



Alternate Arm Drive



Both Arm Drive



Lunge

### LEARN

#### JUMP STOP

**WHY IS THIS IMPORTANT?**

- To be used at the end of a dribble or when receiving a pass
- To prevent a travelling violation after speed dribble
- To establish the pivot foot

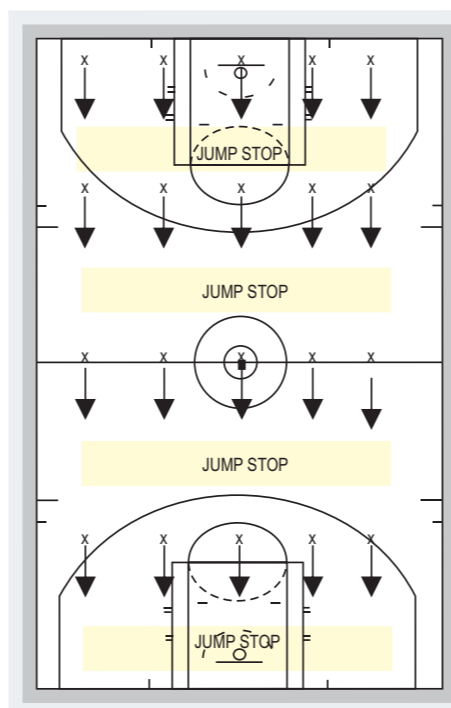


**TEACHING POINTS**

- As a player picks up dribble, he/she shall land on both feet simultaneously
- The landing should be soft and on balance
- After the jump stop, player should be in Triple Threat position
- After a jump stop occurs, a player is able to use either foot as the pivot foot

**Jump Stop Drill**

- Place players in 5 or more lines at the baseline
- The first line starts in low athletic stance without a ball in triple threat position
- Blow the whistle and the first five players jog to foul line and jump stop into triple threat position and hold for 2 count
- Then they jog and repeat this at half court, opposite foul line, and end line
- Each time you blow your whistle the next group starts



- Once players execute properly without a basketball repeat the same drill with them dribbling a basketball.

### PLAY

#### HOTSHOT

Every student in your school should attempt minimum 1 time.

**Description**

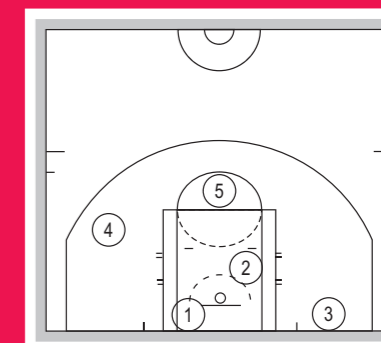
Hot shot is a fun 30 second shooting game to test a players shooting ability. Player attempts to make as many baskets as possible from designated spots on the court with a point value ranging from 1 to 5 (1 being closest to basket 5 furthest). The referee keeps track of the points from the floor to tally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

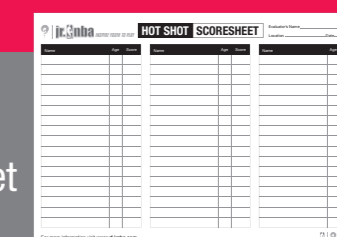
- U10 girls/boys (size #5)
- U13 girls/boys (size #5)
- U16 girls (size #6)
- U16 boys (size #7)

**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



Basketball is a great form of exercise and teaches youth the importance of teamwork, hard work, communication and discipline.

For more information visit [www.rf.jrnba.com](http://www.rf.jrnba.com)