

LESSON 8

Theme: Be confident in yourself and what you are teaching.

BEGINNER

Homework: Do something to make someone else smile everyday.

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

FIT

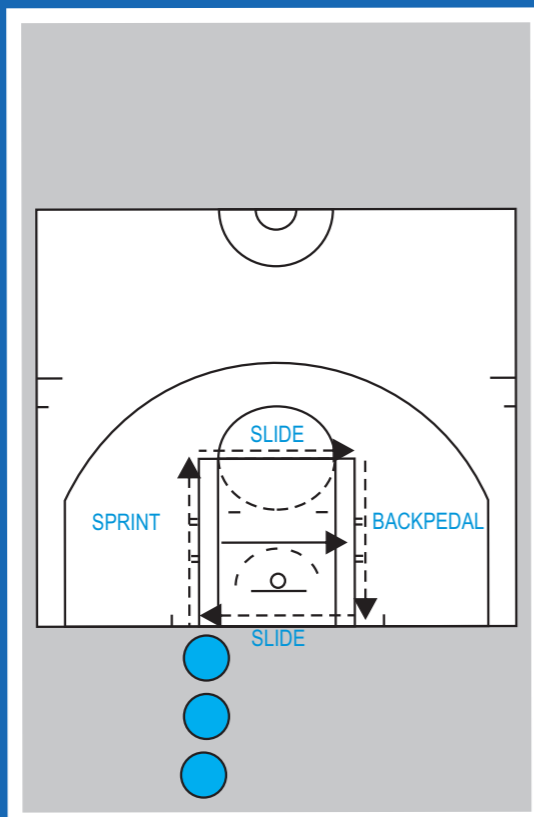
FREE THROW LANE DRILL (WORK ON QUICK CHANGES OF DIRECTION AND PROPER FOOTWORK)

- Players line up at the bottom corner of free throw lane line
- At the coach's whistle, 1st player sprints to the top corner of lane (elbow)
- When player touches corner, player assumes defensive stance and defensive slides to the opposite side elbow
- After touching the elbow, the player will backpedal towards the bottom corner of the lane
- After touching the bottom corner (baseline), players in a defensive slide will return to the original starting position.
- The area covered in drill is the free throw lane
- The footwork pattern is forward sprint, defensive slide, backpedal, defensive slide
- Drill players to see how many trips around the free throw lane they can make in 30 seconds.



Teaching Points

- Balance is important
- Stay low in athletic basketball position
- Keep feet apart on defensive side. Don't let shoes touch.



LEARN

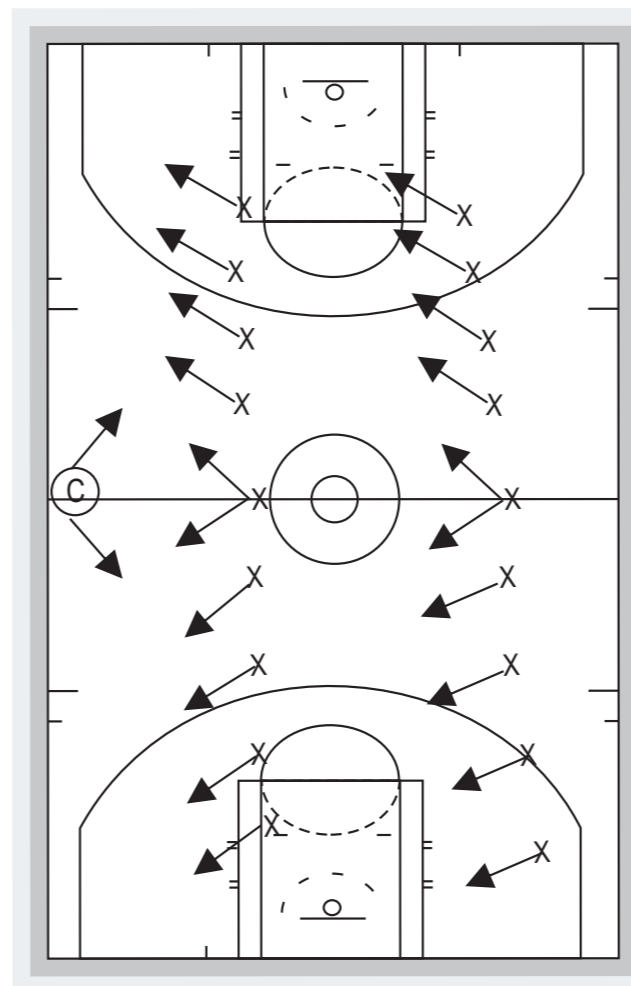
Full Court Defensive Drill

Space out all players facing coach using the entire court. Coach should be on the court at center line.

- On coaches whistle all players assume a proper defensive stance and say "stance"
- Coach slaps ball & players hit floor with hands and say "defense"
- Coach shakes ball and players chop feet.
- Coach holds ball to right or left and players take one slide step and say "slide"
- Coach takes 1 dribble and players take recover step and say "recover"
- Coach drops ball and layers say "loose ball" and act like they are grabbing ball
- Coach pretends to take shot and players contest shot and say "shot, box out, rebound"

Teaching Points

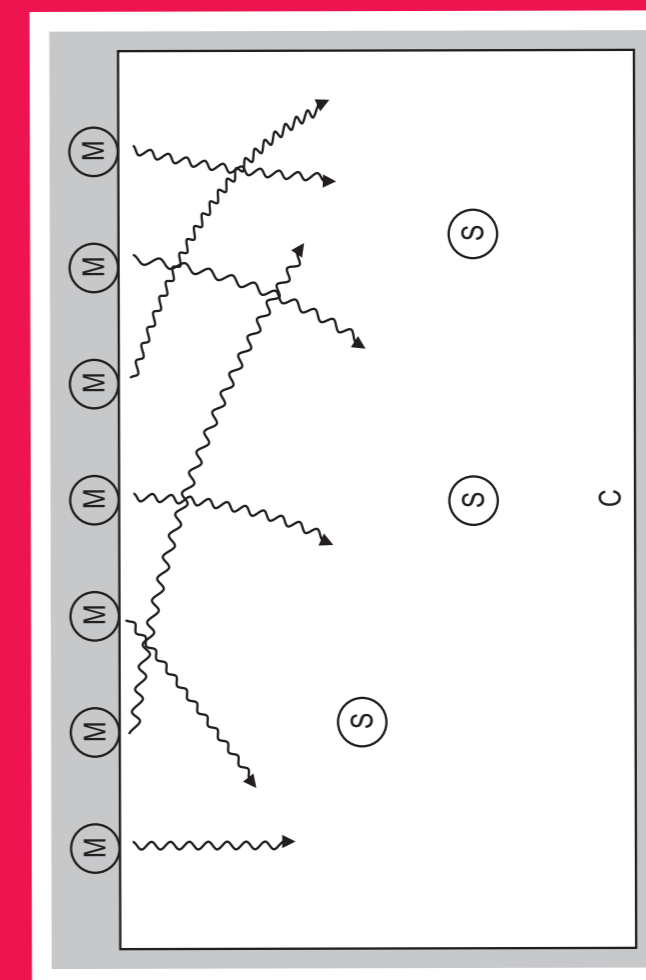
- Have fun and bring energy to drill
- Defense is important
- Stay low in athletic basketball position
- Good defensive teams communicate
- Be aggressive



PLAY

Sharks and Minnows

All players have a basketball and line up along the sideline of the court. They are called the 'minnows'. The coaches select two players who each have a basketball and are in the middle of the court. They are called the 'sharks'. When the coach blows the whistle the 'minnows' on the sideline have to dribble to the other sideline without getting tagged by a 'shark'. Once players reach the other side they stop dribbling and wait on the sideline. If a 'minnow' was tagged by a 'shark' crossing the ocean they have now become a 'shark'. For example: If two players were tagged now there are 4 'sharks' in the middle. Then the coach blows the whistle and the 'minnows' have to go back to the other side again without getting tagged. The last 3 'minnows' are the winners.



- Also play 3x3, 5x5, and/or Hot Shot, if time permits.

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