

FRANKSTON

BASKETBALL

Online Development

All Abilities Program

Written Session Plan

Week 3: Passing (20-30 minutes)

Guidelines

- Remember to watch the instructional videos provided for each drill (click the title of the drill)
- If you have questions about the session please use the WhatsApp messenger or Zoom Meetings
- Print this session plan or keep it open on your phone/tablet to refer back to during the session

Glossary of Terms

- **“Thumbs Up, Thumbs Down”**: A good way to teach the movement of the hands and fingers to execute the passing motion
- **“Two Foot Stop” or “Jump Stop”**: Refers to the method used for a player to come to a stop after dribbling
- **“One sound”**: This refers to their landing on the jump stop, if their landing does not make one sound it is technically not a two foot stop and then they are at risk of travelling when completing a pivot
- **“Sit on an imaginary toilet/chair”**: A fun and simple way to get a players to “sit” in to an “athletic stance”
- **Triple Threat**: A position similar to “athletic stance” but holding the ball at your hip on the same side of your preferred hand ready to shoot, dribble or pass

Focus Points and Objectives

- Create a fun learning environment for the kids
- Get kids active, outside and enjoying sport
- Build children’s knowledge of basketball
- Start to teach the fundamentals of passing

<u>Warm Up</u>	5 minutes
Squats X 10, High Knee Skip X 10 (each leg), High Knee Run X 10 (each leg), Line Hops X 20, Z-Cuts X 10 (each leg), Pitter-Patter-Sprint-Decelerate X 5	

<u>Stationary Wall/Partner Passing</u>		5 minutes
<p>Equipment: Basketball, wall/partner, 2m X 2m space</p> <p>Purpose: To teach the fundamentals of passing a basketball</p> <p>Setup</p> <ul style="list-style-type: none"> • The player should get their basketball and stand a short distance from a brick/concrete wall and find a target or draw a target on the wall • Teach the players to step with a lead foot toward the target as they snap their thumbs down and extend their arms to pass the ball to the target • After the ball hits the wall, the players should catch the ball and repeat the process • Have them complete a chest pass and a bounce pass 	<p>Coach</p> <p>Make sure they are stepping forward with their dominant side foot as the lead foot, often when starting out our kids don’t understand the importance of momentum in creating power</p> <p>Cues</p> <ul style="list-style-type: none"> • “Thumbs Up, Thumbs Down” 	
<p>Challenge</p> <ul style="list-style-type: none"> • If the player is consistently hitting their target have them move back a step • As coach you could apply some token pressure to their passing to force either a bounce pass or a chest pass 		

Jump Stop, Pivot and Pass and How to Use Your Pivot Foot		5 minutes
Equipment: Basketball, wall/coach, 4m X 4m space Purpose: To introduce the fundamentals of a pivot and to combine that with dribbling and passing		Coach Encourage the player to jump and land with two feet at the same time. This is also referred to as a “two-foot stop”. When completing a pivot encourage them to not spin a full 180 degrees but to break their pivot down in to one or two movements before facing you/the wall Cues <ul style="list-style-type: none"> • “One sound”
Setup <ul style="list-style-type: none"> • The player should start next to coach/wall • They will dribble the ball out about 3m-4m • The player should pick the ball up and come to a “two-foot stop” • The player should then pivot on either foot to face the wall/coach and make a pass • After the ball hits the wall or is received by the coach, repeat the process 5 times • Have them complete a chest pass and a bounce pass and pivot on both feet 		

Dribble and Pass To A Target Drill		5 minutes
Equipment: Basketball, cone/wall and 4m X 4m space Purpose: To get the player moving and to test the accuracy of their passing		Coach Try to encourage them to use proper footwork when coming to a stop before making the pass. Cues <ul style="list-style-type: none"> • “One Sound”
Setup <ul style="list-style-type: none"> • Place a cone about 3m-4m away from the player • Have them take one or two dribbles and then throw a chest pass at the cone • If they hit the cone they get 1 point • Try this drill using a target on the wall 		
Challenge <ul style="list-style-type: none"> • See how many points the player can get in 1 minute • Move the cone back to add more dribbles 		

Warm Down and Review		5 minutes
Warm Down <ul style="list-style-type: none"> • Shoot 5 free throws • Static stretches (lightly hold 5 seconds each leg): calf, quadriceps (front thigh), hamstrings <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Long Calf Muscle</p> <p>Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Short Calf Muscle</p> <p>Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Front Thigh</p> <p>Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Hamstring</p> <p>Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the leg.</p> </div> </div> </div>		
Review and Goal Setting <ul style="list-style-type: none"> • Did you have fun? What was your favourite game? • Can you remember one important point about the technique of passing a basketball? 		