

## GLASGOW FEVER – SCHOOL VISITS

### SESSION PLAN: SECOND LEVEL

#### WEEK 1

Session Time/ Players	45 mins – 1hr	1 class (20-25 average)	<b>KEY POINTS</b>	Introduction Footwork and stopping Triple threat position
<b>Time</b>	<b>Organisation/Drill</b>		<b>Points of Emphasis - Teaching Cues</b>	
10 mins	Warm Up Use whole court/hall: game of tig Options: line tig, high five tig, tunnel tig (with/without basketballs)		Lots of movement Rotate catchers often Introduce basketballs where possible	
20 mins	<p><b>Footwork and Stopping/Triple Threat position</b></p> <p>-Begin without basketballs. 'basketball statues' – players run round hall and stop on whistle in a basketball position (freeze) Options to stop: jump stop (two feet land at same time) or stride stop (two steps to stop)</p> <p>-Progress to include ball: dribble, stop on whistle, (pivot if appropriate), ball down, collect different ball, start dribbling</p> <p>- Progress to make competitive (coach steals basketballs)</p> <p>RECAP KEY POINTS</p>		<p>Triple threat/basketball position: knees bent, feet shoulder width apart/toes pointing forward, back straight, basketball in two hands, ball tucked in and protected</p> <p>If not enough basketballs for one each, players work in pairs and pass to partner after stop; or rearrange task so players are working in groups/lines</p> <p>Fast tempo Dribbling with one hand only</p> <p>In competition: continue to work on stopping correctly (controlled) and triple threat – no rushing</p>	
10 mins	<p>Relays (if time/players have grasped stops and triple threat)</p> <p>- Players dribble to opposite side of hall, touch wall/cone and dribble back (or players dribble to target, stop and catch ball, pivot and pass to next teammate)</p> <p>(1) jump stop and pass to next person in line (2) stride stop and pass to next person in line (3) stop (either) and shoot at basket</p>		<p>Keep dribbling while on the move (no catching at the wall/cone)</p> <p>Controlled stop and pass to teammate Re-do if stop isn't correct</p>	
5 mins	<p>Knockout/Killer</p> <p>(If hall has baskets – split into two games if possible) Players shoot from target: score = safe, miss = run and touch target before returning to line If player next in line scores while running, lose a life/out</p>		<p>Basketball position to shoot Get own rebound Pass to next in line before running or rejoining line</p>	