



BASKETBALL SESSION PLAN – INTRODUCTORY TO BASKETBALL

<b>Unit Name:</b> Basketball for beginners	<b>COACH:</b> OSCAR AND DAVID
<b>Session Number:</b> One	<b>Session Time:</b> 45 MINS
<b>Training Outcomes:</b>  To be able to assess the ability of all new players and best understand what they can do well. To best asses' area of competency and areas that needs to be worked on.	

Time	Session Intro:	Method	Resource
3.45  To 4.00	<ul style="list-style-type: none"> <li>• Meet the new team and introduce yourselves</li> <li>• Try to remember all the kids names</li> <li>• Tell them a little bit about your selves               <ol style="list-style-type: none"> <li>1.How long you have played</li> <li>2.What you are good at</li> <li>3.Anything else that you may like to tell them about you.</li> </ol> </li> <li>• Tell them some of the rules. And show them examples</li> </ul>		



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	<ul style="list-style-type: none"> <li>• Travel</li> <li>• Various Fouls</li> </ul>		
Time	<b>Session Intro:</b>	Method	Resource
4.00 To 4.20	<b>Test everyone's skills in -</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Foul shot shooting</li> <li>• General shooting</li> <li>• Passing - chest - over arm - bounce - hook</li> </ul>		
4.20 to 4.30	<ul style="list-style-type: none"> <li>• Have a mini game with whistle and display rules of the game whilst playing.</li> </ul>		

Coaches Notes or Comments

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