

Session 3 - Shooting



Team Building: Group Machine (5 minutes)

- Put students in small groups of 4-6 and have them work together to make a machine with their bodies (ie. airplane, television, toaster, etc)

Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

Learn to Shoot - BEEF (10 minutes)

- Teach the students the acronym BEEF to help remember the basic steps of shooting:
 - **B**alance: Feet shoulder width apart, knees slightly bent
 - **E**lbow: Shooting arm's elbow should be 90 degrees
 - **E**yes: Focus on the target, generally the centre of the hoop
 - **F**ollow through: After the shot, the shooting arm should fully extend with a relaxed wrist (like reaching into a cookie jar)
- Have students stand in front of the basket without a ball and practice the proper form by mimicking the shooting motion
- Focus on balance and follow through
- After a few minutes, have the students grab a ball and practice BEEF while shooting on the net

Activity 1: Spot Shooting (7 minutes)

- Set up five shooting spots around the key (free throw line, baseline, elbows, and top of the key)
- Students take turns shooting from each spot, focusing on maintaining the proper shooting form
- They should shoot 1-3 shots from each spot, trying to make each shot, while keeping the focus on form, balance, and follow through

Activity 2: Free Throw Shooting (5 minutes)

- Students line up at the free throw lines and practice shooting free throws
- They should focus on maintaining their form, balance and follow through

Activity 3: Shooting with a Pass (8 minutes)

- Split the students into two lines, a shooter line and a passer line
- The Passer will pass the ball to the Shooter who will catch it and then take a shot
- The passer and shooter will switch lanes

Game: Basketball (15 minutes)

- Split the group into two teams and let them play basketball

Cool Down (5 minutes)