

Sample After School Activity Plan

Sport: Basketball
Skill: Shooting

3:30 – 3:40pm

- Introductions/ opening remarks

3:40 – 3:50pm – Warm-up

- Explain/demonstrate lay-ups
- 2 lay-up lines at half court, facing each basket with corresponding rebounding lines
- Balls start on the right side
- Instructor whistles to switch the balls to the left side halfway (after 5 minutes)

3:50 – 3:55pm – Group stretch

- Ten second water break

3:55 – 4:00pm – Skills development (Shooting)

- Explain/demonstrate proper form and shooting mechanics
- Have students spread out and lay on the floor on their backs
- Give students a basketball to practice shooting the ball into the air trying to mimic the demonstration (5 minutes)
- Ball should be shot up straight into the air (not floating to one side) with a backspin
- Instructor observes and assists/corrects any students
- If there are not enough basketballs for each student, at the halfway point, the instructor will whistle for students pass the ball to someone who has not had an opportunity to participate in the drill

4:00 – 4:10pm – Skills development (Shooting)

- Cross drill – shooting off the pass
- Split students into two groups
- Use one group to explain/demonstrate the drill
- Have both groups progress through the drill until they reach the 3-point line (roughly 10 minutes)

4:10 – 4:25pm – Skills development (Shooting)

- UCLA drill – shooting off the dribble
- Keep everyone in one group
- Explain, demonstrate and reiterate the important mechanics of the shooting form
- Start with balls on the right side, then after seven minutes instructor will blow whistle to switch sides
- Have players count out (TOGETHER as a TEAM) the number of makes

4:25 – 4:30pm – Cool-down

- Fun, competitive game of bump

4:30pm – Closing remarks