RECR 392 Activity Plan Template

**Purpose:** To practice proper shooting and follow-through form

**Objective (must be SMART- specific, measurable, achievable, relevant, timed):** By the end of the session, the participant will be able to demonstrate proper shooting and follow-through form 40% of the time as judged by the recreation therapist.

**Outcome (what do you expect the participants to “walk away with”?):** Demonstrate improvement of shooting and follow-through form

**Number of Participants:**

* 1 participant

**Equipment/Supplies/Resources to Implement:**

* 1 Basketball
* 1 Chair (if athletic chair is not available)

**Icebreaker:**

* **Name:** Two Truths and a Lie
* **Step-by-step instructions**
* Have the participant think about two truths and one lie
* Go first to show them how it will be done with your two truths and a lie
* Have them guess what the truths are and what the lie is
* Once they have guessed the correct answers have them tell their two truths and lie
* The leader will then go on to guess what the truths are and what the lie is
* This can be done for multiple rounds as seen fit by the leader
* **Citation**

Crutweets. (n.d.). 21 Great Icebreakers for Your Small Group: Cru. Retrieved July 06, 2020, from https://www.cru.org/us/en/train-and-grow/help-others-grow/leading-small-groups/small-group-icebreakers.html

**Main Activity (Week 2 out of 8):**

* **Name:** Basic Skills: One Handed Form Shooting
* **Step-by-Step instructions**
* Have the participant transfer into a chair if an athletic chair is not available
* Explain to the participant exactly what one handed form shooting is and what it should look like
* Have them position themselves in front of you at first to make sure that the form is correct
* Have them place the ball in their dominant hand with their elbow bent pointed towards you (Make sure to show them how it should look to ensure the proper technique is being used)
* Once they have the form, have them shoot the ball to you one handed 5 times
* When the form looks good and they feel comfortable shooting one handed to you then you can add in the guide hand
* It is important to note to the participant that nothing has changed and that the guide hand is just there for support
* Have them shoot to you five times with the guide hand now added
* Have them keep practicing with the form and technique until they have it down. Help them if there is any additional help needed
* **Citation**

YMCA Basketball: Good Drills for Youth Basketball Players. (n.d.). Form Shooting. Retrieved July 06, 2020, from https://countrysideymca.org/about-us/news/ymca-basketball-good-drills-for-youth-basketball-players.html