



INNOV Project

94Fifty Smart Sensor Basketball Modules

Breakdowns

Week #1: Rookie

Warm Up: Basketball Madness (10)

- introductions of participants and facilitators

Skills: Consecutive Dribbles (35)

- learn about the 94Fifty Smart Sensor Ball
- learn and download the 94Fifty application (app)
- sync ball and set up squads
- engage Consecutive Dribbles Skill Training

Stats: Baller Information (15)

- introduce Stats
 - gather participants' information
-

Week #2: Starter

Warm Up: Tag Ball (10)

- getting active

Skills: Shot Backspin (35)

- 94Fifty app refresher
- lesson on RPM (rotation per minute)
- comparing last week's Consecutive Dribble to this week attempt
- engage Backspin Shot Skill Training

Stats: New & Improved (15)

- improvement questions
- percentage mathematical questions



Week #3: All Star

Warm Up: Box Ball (10)

- *teamwork*

Skills: Shot Speed (35)

- *connect and set up Squads*
- *comparing last week's Shot Backspin to this week attempt*
- *lesson on Curry's shot speed to encourage trying*
- *engage Shot Speed Skill Training*

Stats: Trying Matters (15)

- *improvement questions*
 - *read and reflect on the poem, Above The Rim*
-

Week #4: MVP

Warm Up: Chicken Ball (10)

- *emphasizing to the participants that they are improving*

Skills: Dribble Power (35)

- *connect and set up Squads*
- *comparing last week's Shot Speed to this week attempt*
- *engage Power Dribble Skill Training*
- *encourage participants to take challenges*

Stats: Newfound Confidence (15)

- *improvement questions*
- *discussion on confidence and challenges*



Week #5: Superstar

Warm Up: Line Ball (10)

- *getting active and teamplay*

Skills: Shot Arc (35)

- *connect and set up Squads*
- *comparing last week's Power Dribble to this week attempt*
- *lesson on angles of attack*
- *engage Shot Arc Skill Training*
- *Stats: Angles of Attack (15)*
- *improvement questions*
- *life's angles of attack*

Week #6: Hall of Famer

Warm Up: Versus Ball (10)

- *showcasing skills*

Skills: Shot Speed + Arc (40)

- *connect and set up Squads*
- *attempting 3 of the Skill Training activities*
- *engage Shot Speed + Arc Skill Training*

Stats: Tag (10)

- *evaluation of program and self*



94Fifty Tracking Sheet

Player:

<i>Skill Training</i>	<i>1st Attempt</i>	<i>2nd Attempt</i>	<i>3rd Attempt</i>	<i>Week After</i>
<i>Consecutive Dribbles</i>				
<i>Shot Backspin</i>				
<i>Shot Speed</i>				
<i>Dribble Power</i>				
<i>Shot Arc</i>				
<i>Shot Speed + Arc</i>				



Week #1: Rookie

PROGRESS: 1. ROOKIE 2. starter 3. all star 4. mvp 5. superstar 6. hall of famer

This is your first session. That makes you a rookie. Rookies want to get to their full potential and become a Hall of Famer. You need to be F.A.T! Not with a "PH". You should be Faithful, Available and Teachable. That will require you to attend all sessions, pay attention and do your best!

With that advice, you won't stay a rookie long as you learn:

- 1. How to download and use the 94Fifty application (app).*
 - 2. How to play with the 94Fifty Smart Sensor Basketball.*
 - 3. View and evaluate your Consecutive Dribbles and self.*
-

Warm Up: Basketball Madness

Let's begin with some warm ups. You will need:

- strip of paper and pen*
- your own basketball*

The name of the game is Basketball Madness. To begin, you need to:

- 1. Write your name on a strip of paper.*
- 2. Crumple up the strip of paper.*
- 3. Hand it to the facilitator.*

The facilitator will give you a new strip of paper with another person's name.



The object of the game is to get the ball in the net. Though, everyone is trying to get the basket at the same time. If you get it in the net, the person you represent will have to introduce themselves and perform one of the following:

- *share an embarrassing moment*
- *sing a children's nursery rhyme*
- *dance like nobody's looking*
- *make a weird war cry*

Who determines what the person does? The shooter. None of these introductions can be used more than twice.

Once you get the ball in the basket, you sit out in the side lines. Don't worry, someone else has your name so you will get a chance to introduce yourself!

Skills: Introduction to the 94Fifty Smart Ball

Now that we are all introduced, meet the 94Fifty Smart Sensor Basketball - The world's first smart basketball. The ball has six sensors built into it. It looks for patterns of motion through the ball. The sensors send that data to the processor, which reads and analyzes the information via Bluetooth on your device. The processor works extremely fast, transmitting data from the ball to the smartphone application (app) in 100 milliseconds. The ball tracks the flick of your wrist, the release of your shoot and every bounce on the ground. The 94Fifty will help develop your skills, track your progress and give you feedback.



Part 1: Download 94Fifty App

For the next 6 weeks, we will be using the 94Fifty Basketball and either your own cell phone or tablet. If you don't want to download the app, your facilitator will lend you a tablet for the session. Let's download the 94Fifty app

These instructions are for downloading apps on an Android or Apple device:

	 iPhone
<ol style="list-style-type: none"><i>1. Open the Google Play Store app.</i><i>2. Type 94Fifty in search bar and select the app.</i><i>3. Tap Install and Accept.</i>	<ol style="list-style-type: none"><i>1. Open the App Store.</i><i>2. Type 94Fifty in search bar and select the app.</i><i>3. Tap the "Free" button and Accept.</i>

Part 2: Set Up Account

Tap on the 94Fifty app on your device. The welcome screen will appear with options to log in. You have choices of Twitter, Facebook, Google+ or an 94Fifty Account. Choose your preferred way to sign in and follow the steps on the screen.

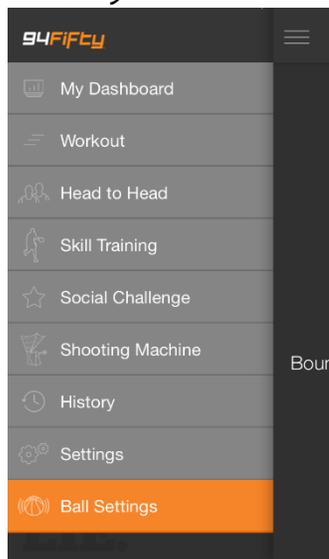


Once you are signed in, 94Fifty will let you know:

- you can track shot accuracy with the 94Fifty SmartNet
- you can complete all shooting drills by using backspin passes to yourself
- you can review the New Skill Training results cards on application (app)
- you can add Notes and Share your results

Part 3: Syncing the Ball

Click on your menu button and you will get the following options:

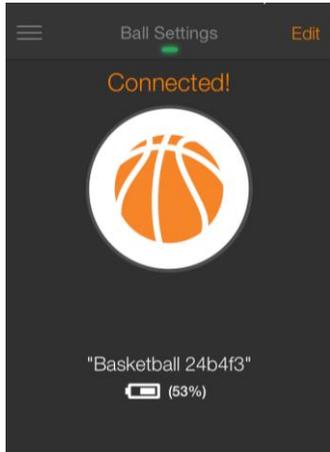


These will be important throughout the program.



First things first, syncing to the 94Fifty Ball:

1. Click on Ball Settings



2. Bounce the ball four (4) times to connect

Part 4: Squads for Skill Training

There's no "I" in team, right? Especially in "squads".

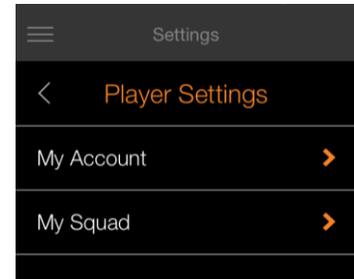
We will be using only two (2) 94Fifty Basketballs for the next six (6) weeks, we will need to lay down some ground rules:

- *For Skills Sections, we will set Squads*
 - *Squads are 2-4 players per basketball and device*
 - *The 94Fifty application (app) tracks all players' stats individually*
 - *Players in the Squad will have to do one of the following throughout each player's turn:*
 - *Shooter: player whose progress is being tracked*
 - *Passer: player who is assisting the Shooter*
 - *Tracker: player who is jotting down the stats of the Shooter*
 - *Encourager: player who is shouting out the Shooter's feedback and stats from the 94Fifty Application (app)*



Setting Squads:

- 1. Split into 2 groups.*
- 2. Select 1 device to be the main.*
- 3. In the 94Fifty app, tap on Setting in Menu Bar.*
- 4. Tap on Player Settings then select My Squad.*
- 5. Add each player's name and height.*
 - a. Height matters with the calculation of your motions.*
 - b. Use a picture to personalize your stats.*



Note: The information will be kept on the device until you select Clear Player Information and History which erases all the data.

Part 5: Consecutive Dribbles

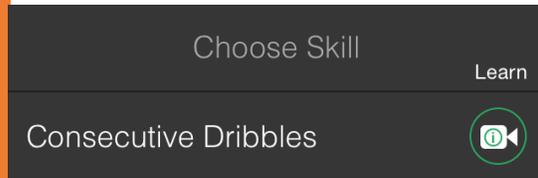
Now that you are connected and your squad is ready to hit the court, it's time to use the ball:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*

Skill Training was designed to help you focus on specific areas of your game. These training drills will help motivate you as you develop your skills.



Watch the Consecutive Dribbles video by clicking the learn video button:



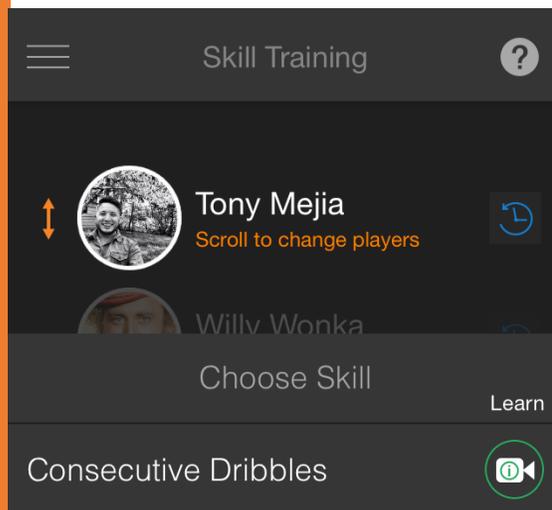
<https://youtu.be/QGq7GxLF5OQ>

You've watched the video, the order is set and now it's time to try it out:

1. Tap Consecutive Dribbles.
2. Dribble to Begin.
 - a. Each player gets a turn until all players have 3 chances which is about 3 minutes each.

To switch players:

1. At the top of Skill Training, scroll up and down to change players.



Make sure to cheer each other on and give props for trying!



Stats: Baller Information

Statistics (stats) are important to Basketball and all sports. It keeps track of who is the leader, decline of players and rising stars. You will be keeping track of your own stats throughout our sessions to see your skills increase. Fill in your own basketball player card:

JERSEY NUMBER	HEIGHT	WEIGHT	AGE
#7	6'3"	190lbs	22
	PERSONALITY	FROM	DRAFTED
	LAI D BACK HOT HEADED CAGER	London Canada	YEAR ROUND RICK



In every sport, stats of players matters. More importantly, it's about the person between the ball. Share with us the following:

<i>1. What goal(s) do you have in the next 6 weeks?</i>	
<i>2. Where do you see some challenges?</i>	
<i>3. How much effort will you put in outside of these sessions?</i>	
<i>4. Why is basketball important to you?</i>	

Now you know how to use the 94Fifty application (app) that means you are no longer a Rookie but a Starter. Next week you will be able to jump in and really develop your skills.



Week #2: Starter

PROGRESS: 1. rookie 2. STARTER 3. all star 4. mvp 5. superstar 6. hall of famer

You are off the bench and in the starting line up. Before you even hit the court, you need to be constantly working on your skills to keep your game at 110%. Today, we will be working on your Shot Backspin to improve your release, scoring and specifically your free throw shots.

The Starter will:

- 1. Do a refresher on the 94Fifty application (app) with Consecutive Dribbles.*
- 2. Take the Shot Backspin Skill Training.*
- 3. View and evaluate your Shot Backspin and self.*

Warm Up: Tag Ball

You will need:

- one basketball*

The name of the game is Tag Ball. These are the rules:

- 1. Split into two (2) squads.
 - a. Squad One (1) who has control of the ball.*
 - b. Squad Two who doesn't have the ball.**
- 2. Squad 1 needs to pass the ball around to tag Squad 2. The player with the ball cannot travel when attempting to tag.
 - c. Definition of Tag: tap a player with two hands on the basketball.**



3. Squad 2 must avoid being tagged by the ball.

d. If you are tagged, you are eliminated and head to the side lines.

Squad 1 has 1 minute to eliminate the other team to win. There are five (5) rounds of Tag Ball.

The playing area is the Free Throw Line Extended. The facilitator will blow the whistle for each elimination. The Squad will be notified of 30 seconds left and the final 10 second countdown.

This game takes agility, good passing, vision and teamwork. Good luck!

Here's a 1 minute video for reference: <https://youtu.be/8ffuHyE2dGM>

Skills: Backspin Shots

Part 1: 94Fifty Application (app) Refresher

It's been a whole week since you have used the 94Fifty Basketball so you might need some reviewing.

Syncing your device to the 94Fifty Ball:

1. Select the 94Fifty Menu Bar
2. Tap on Ball Settings
3. Bounce the ball four (4) times to connect



These are the ground rules for Skill Training:

- *For Skills Sections, we set Squads*
 - *Squads are 2-4 players per basketball and device*
 - *Players in the Squad will have to do one of the following throughout each player's turn:*
 - *Shooter: player whose progress is being tracked*
 - *Passer: player who is assisting the Shooter*
 - *Tracker: player who is jotting down the stats of the Shooter*
 - *Encourager: player who is shouting out the Shooter's feedback and stats from the 94Fifty Application (app)*

If you need to set new Squads:

- 1. Split into 2 groups.*
- 2. Select 1 device to be the main.*
- 3. In the 94Fifty app, tap on Setting in Menu Bar.*
- 4. Tap on Player Settings then select My Squad*
- 5. Add each player's name and height.*

Note: If you have the same players and device from last week, all your names are saved. We encourage you to keep the same Squads.



Part 2: Consecutive Dribbling

Let's see if you have improved your dribbling skills:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Consecutive Dribbling.*
- 4. Dribble to Begin*
 - a. Each player gets 1 turn (about 1 minute).*



After every player's turn, view your last week's result:

- 1. Go to 94Fifty Menu Bar.*
- 2. Tap History*
- 3. Scroll up and down to compare results.*

Hopefully, you did better than last week. Practice usually pays off.

Part 3: Shot Backspin

It's been all dribbling. Let's talk about taking some shots:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Shot Backspin.*



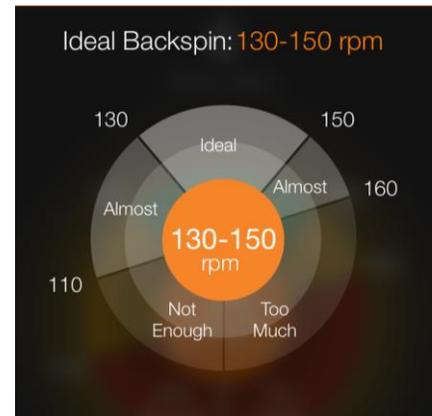
Watch the Shot Backspin video by clicking the learn video button:

https://youtu.be/TDbKJoSb_Os



Before you shoot, you need to understand the Ideal Backspin:

The 94Fifty Basketball tracks the RPM (Rotations Per Minute). When you shoot the basketball, the ball is moving in a circular motion. The circular motion is caused by the speed, intensity and how hard you release the ball from your hands. The 94Fifty helps to track the RPM as you shoot the ball.



Backspin is important in your shot. The Ideal Backspin is in between 130-150 RPM. That is not too soft, not too hard but, just right.

Give it a try!

To begin improving your Shot Backspin:

- 1. Tap Shot Backspin.*
- 2. Select Free Throw.*
- 3. Shot to Begin.*
 - a. Each player get a turn (10 shots) until each player has 3 turns.*
 - b. After each player's turn, check out the Shot Backspin Breakdown and Digital Coach Feedback.*

Push each other by encouraging and urging each other to try their best!



Skill Training Results Retry

SKILL TRAINING Shot Backspin - Free Throw 06/23/15 09:59 PM on iOS

Total Shot Attempts **1**

Shot Backspin Breakdown

Backspin Range	Count
0-110	0
111-129	1
130-150	0
151-159	0
160+	0

0-110 111-129 130-150 151-159 160+

NOT ENOUGH IDEAL TOO MUCH

Digital Coach Feedback

Average. You have average backspin on your shot. You may want to work on wrist strength to increase the softness of your shot.

DO IT AGAIN

Breakdown of the screen:

- *Total Shot Attempts is how many shots it took you during your turn*
- *Shot Backspin Breakdown shows how ideal your average backspin is*
- *Digital Coach Feedback gives you suggestions to improve your backspin*



Stats: New & Improved

Well done! Practicing and working on your skills is important in your development. It's time to track your stats, again. Remember, being F·A·T is key. Faithful to what you need to do, Available to pounce on any opportunity and Teachable so you'll be open to learn and put things into action to be the best you can be.

Improvements:

- 1. Did you improve in the Consecutive Dribbles and by how much?*
- 2. Were you surprised by your Shot Backspin results? Why or why not?*

Free Throws matter:

To compare a player's performance from game to game, his/her field goal and free throw percentages can be calculated at the end of each game. This can be done very simply by dividing the number of shots actually made (m) by the number of attempted shots (a): $P = m / a$

Therefore, if Max makes 9 out of 16 field goal attempts, his percentage is 56%.

(To find percentages, move the decimal point from your answer two places to the right, and round to the ones digit:

$9/16 = .5625 = 56.25\%$, which can be rounded to 56%)



Now put your skills to work:

Which of the following players has the highest free throw percentage?

- *Kim, who made 38 out of 68 throws*
- *Allan, who made 6 out of 12 throws*

According to today's stats on your tracker sheet, what's your free throw percentage?

What's last week's Consecutive Dribble percentage?

Well, Starter, you have completed the 2nd week. Congratulations on being an All Star just for completely and moving towards improving your skills. Next week, you will to improve your Shot Speed.



Week #3: All Star

PROGRESS: 1. rookie 2. starter 3. ALL STAR 4. mvp 5. superstar 6. hall of famer

An All Star is a household name and is F.A.T. Will you push yourself and stay motivated? We will find out how fast you shoot!

The All Star will:

- 1. Attempt the Shot Backspin Skill Training.*
 - 2. Take the Shot Speed Skill Training.*
 - 3. View and evaluate your Shot Speed and self.*
-

Warm Up: Box Ball

You will need:

- one basketball*
- two boxes (big enough for someone to sit in)*

The rules to Box Ball:

- 1. Place a Box on each Free Throw Line.*
- 2. There are two Squads competing against each other.*
- 3. One (1) player of each team sits on the box in front of the opponent basket.*
- 4. The general basketball rules apply with only one exception: baskets can only be scored by the player sitting on the box.*
- 5. Nobody can run through the free throw circle.*

The player in the box will be substituted after each basket. The team that first score 5 basket wins.

Play smart, play together!



Skills: Shot Speed

Part 1: Connect and Set Up Squads

Let's get everything connected so we can get started:

- 1. Sync 94Fifty Basketball to device.*
- 2. Open 94Fifty application (app).*
- 3. Set up Squads (Shooter, Passer, Tracker and Encourager).*

Part 2: Shot Backspin

Last week, you attempted to improve your Shot Backspin. Let's see where it's at today:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap, Shot Backspin*
- 4. Shot to Begin.*
 - a. Each player gets a turn (10 shots).*
 - b. After each player takes their turn, check out the Shot Backspin Breakdown and Digital Coach Feedback.*

If you have improved, make sure that everyone knows about it!



Part 3: Shot Speed

Stephen Curry, Golden State Warriors' 2015 NBA Champion and MVP, can release his shot at 0.4 seconds with accuracy. That's about the same as a single rotation of a basketball on its way to the basket (0.37 seconds). The average NBA player releases their shot at 0.54 seconds and Curry's shot is already 12 feet in the air at 0.54 seconds. Intense, right?

You are not expected to be the next Stephen Curry but you can definitely have fun trying.

Are you pumped to shoot? Let's get started:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap, Skill Training.*
- 3. Tap, Shot Speed.*

Shot Speed



Watch the Shot Speed video by clicking the learn video button:

"Shooting with the 94Fifty Smart Sensor Basketball allows you to measure things that are very difficult to pick up with the human eye."

You get the opportunity to see and improve your shot speed.

Check out your Shot Speed:

- 1. Tap on Shot Speed.*
- 2. Select distance.*
 - a. Pick a distance you are comfortable with.*



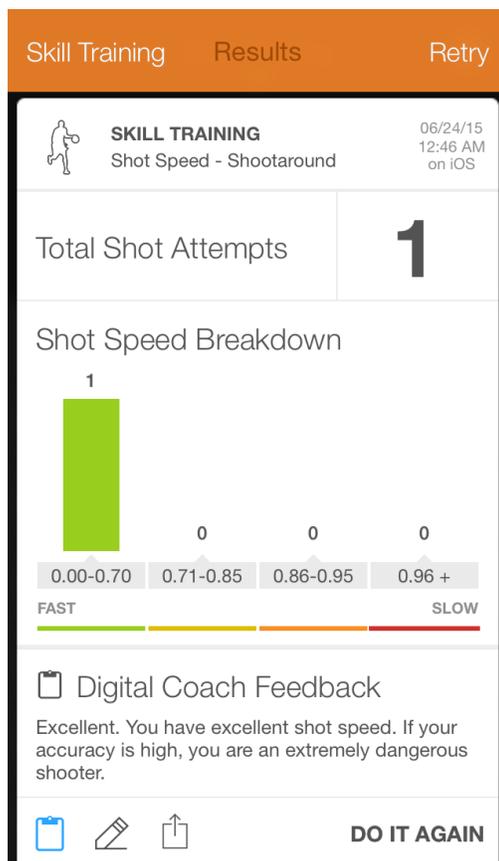
3. Partner up.

b. This is a 2 player drill as you need to receive a pass to determine the speed your release.

4. Pass to Begin.

c. Each player get a turn (10 shots) until each player has 3 turns.

d. After each player's turn, check out the Shot Speed Breakdown and Digital Coach Feedback.



Tip: Start small, end tall. At the start of your shot you should be small, your legs bent as if you were sitting (this is where your power comes from). Then as you continue through your shooting motion you are springing up, ending with your body straight and your hands high in the air, ending tall.



Stats: Trying Matters

"I can accept failure. Everyone fails at something, but what I can't accept is NOT TRYING." - Michael Jordan

Hope that you feel accomplished just from trying!

Improvements:

- 1. You tried the Shot Backspin Skill Training again. Did you improve? If so, why do you think you improved? If not, why not?*
- 2. Using your tracking sheet, what's your percentage from your Shot Speed Skills Training?*

Read and Reflect:

Above the Rim

Standing in the middle of the court.

I see the rim was made out of glass and it is as high as 10 feet.

Like living in the dark world

I focus my mind

I feel the light surrounding me

I receive energy

Empowered now,

I feel ready.

I ran like a Quicksilver.

A whirlwind,

my silver path trailing behind

I jump.

High,

above the rim.

I slam it like an earthquake.

The backboard broke and the glass shattered.

When I let it go I screamed, "AAAAHHHHH"

The whole world can hear me.

I feel good.

Source; <http://web.archive.org/web/20050310071119/http://mbhs-bergtraum-k12-ny-us/user/c7957/poem.html>



1. *Do you relate to the poem?*

2. *What part spoke to you most? Reread if necessary.*

3. *What is your biggest encouragement to succeed in life?*

From All Star to MVP, just like that! Keep up the good work! Next week, you will attempt to increase your Dribble Power.



Week #4: MVP

PROGRESS: 1· rookie 2· starter 3· all star 4· MVP 5· superstar 6· hall of famer

You're heading through the midpoint of your development. This is now a breeze for you, MVP!

The MVP will:

- 1· Attempt the Shot Speed Skill Training.*
- 2· Take the Dribble Power Skill Training.*
- 3· View and evaluate your Dribble Power and self.*

Warm Up: Chicken Ball

You will need:

- one regular basketball per player*

The rules to Chicken Ball:

- 1· Every player dribbles a basketball within a predetermined court.
a· for 8-10 players e.g. inside the zone.*
- 2· Each player tries to knock out the other players' balls or force him/her to double dribble or force him/her out of bounds.*
- 3· Winner is the one who is last dribbling.*

Notes:

- 3-5 rounds depending on the length of games*
- rough housing can lead to elimination*
- referees will make final calls for eliminations*

Dribbling skills matter, especially in this game. Good luck!



Skills: Dribble Power

Part 1: Connect and Set Up Squads

You know the drill:

- 1. Sync 94Fifty Basketball to device.*
- 2. Open 94Fifty application (app).*
- 3. Set up Squads (Shooter, Passer, Tracker and Encourager).*

Part 2: Shot Speed

Last week, you tried the Stephen Curry Challenge. Let's see your improvement:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Shot Sheet.*
- 4. Pass to Begin.*
 - a. Remember, you need a partner.*
 - b. Each player gets a turn (10 shots).*
 - c. After each player takes their turn, check out the Shot Backspin Breakdown and Digital Coach Feedback.*

Every time you hit a 0.7 or below, yell, "Taste the Curry"!



Part 3: Dribble Power

Just like the game of Chicken Ball, you need to constantly be improving your dribbling. Power dribbling gives you confidence and helps you get where you want for your shot.

Let's get started:

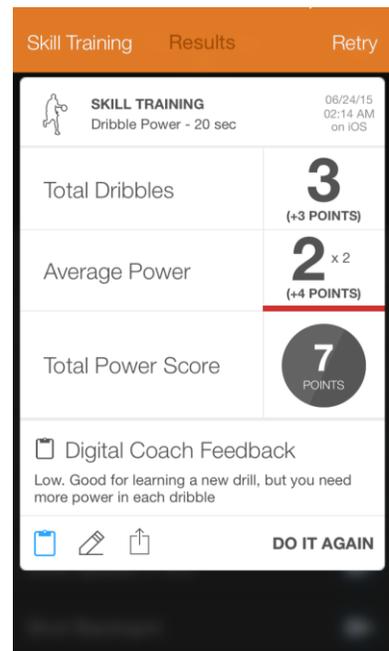
- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Dribble Power.*



Watch the Dribble Power video by clicking the learn video button:

Let's see your confidence in your Dribble Power:

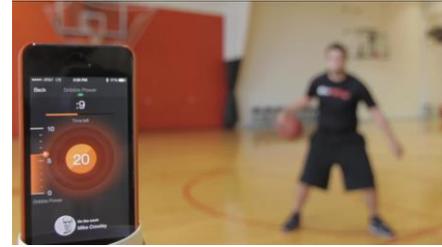
- 1. Tap on Dribble Power.*
- 2. Select time frame.*
 - a. Start at :20 and increase each turn.*
- 3. Dribble to Begin.*
 - b. Each player has 6 turns.*
 - i. Should increase the time period from 20 to 40 seconds.*
 - c. After each player's turn, check out the Shot Speed Breakdown and Digital Coach Feedback.*





Challenge yourself!

Behind: Using power, dribble the ball behind your back using both hands.



Two At A Time: Using the 94Fifty and a regular basketball, try bouncing both balls at the same time.



In Between: Dribble the ball in between your legs and catch it behind you. Make sure there is power to the dribble. This will be your biggest test of confidence.



Stats: Newfound Confidence

If you had confidence or now have confidence in your dribbling skills, then great! Confidence in basketball is one thing but having confidence in yourself is very similar. Your skills are your skills and developing them will make you better. This idea is something you can apply to your life.

Stats may say one thing but your confidence can change and better them.



Improvements:

1. *You tried the Shot Speed Skill Training once again. Did you improve and how so? If not, why not?*

Confidence:

1. *What risk/challenges did you take today and why?*

2. *Other than basketball skills, what other risk/challenges/confidence would better your life today and/or future?*

Congratulations, you are a Superstar! Completing these sessions have increased your skills. Also, it has given you a better view of where you were and where you are now. Next week, you practice the Shot Arc.



Week #5: Superstar

PROGRESS: 1. rookie 2. starter 3. all star 4. mvp 5. SUPERSTAR 6. hall of famer

You're at the top of your game! You're a well-oiled machine! They call you, Superstar!

The Superstar treatment:

- 1. Attempt the Dribble Power Skill Training.*
- 2. Take the Shot Arc Skill Training.*
- 3. View and evaluate your Shot Arc and self.*

Warm Up: Line Ball

You will need:

- two (2) regular basketballs*

Line Ball:

- 1. Divide into 2 Squads facing each other.*
 - a. Number each player so that the lines form partners facing each other. Example, each squad will each have a 1, 2, 3, 4, etc.*
- 2. Place two basketballs in between the lines. Squads should be 10 feet apart.*

*xxxx <- Squad 2
00 <- Basketballs
xxxx <- Squad 1*



3. The facilitator will call a number and those two players must race to the 2 basketballs in front of the two lines of players (halfway into each line).
4. Once the ball is retrieved by the two players, they pass the ball to each player down their line.
5. Reaching the end of all passes, the player tries to make a basket.
 - b. The first player to score a basket gets one point for their Squad.
 - c. If a player misses, he/she keeps shooting and play continues until one of the basketballs goes in from the two competing players.

Note:

- After one basketball goes in, both balls are returned to the center between the two lines facing each other.
- First to 10 baskets wins.

Quick response time, crisp passes and accurate shots will win this game!

Q: What's the difference between the Toronto Raptors and a loonie?

A: You can get four quarters out of a loonie.

Skills: Shot Arc

Part 1: Connect and Set Up Squads

Let's get it together:

1. Sync 94Fifty Basketball to device.
2. Open 94Fifty application (app).
3. Set up Squads (Shooter, Passer, Tracker and Encourager).



Part 2: Dribble Power

Awaken that confidence:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Dribble Power.*
- 4. Dribble to Begin.*
 - a. Each player gets 2 turns of :40 seconds.*
 - b. Challenge yourself with Behind, Two at a Time or In Between.*
 - c. After each player takes their turn, check out the Dribble Power Breakdown and Digital Coach Feedback.*

Part 3: Shot Arc

Shooting the perfect arc is hard to do but possible. The perfect shot arc would be 4 feet above the rim. The height gives you more of an angle to shoot and hit just net.

An undesirable angle of attack is approximately 30 degrees and the recommended angle of attack is 45-55 degrees. The ball would be coming down into the basket rather than at it. When you are shooting with an arc, the rebound tends to go straight up where it's playable. Otherwise, it tends to be unpredictable.

The way you get a higher arc is to make sure your shooting arm elevates from the set point and your shooting elbow is elevated above the level of your eyes. The shot's power comes from your core and leg muscles.



Let's get started:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap Shot Arc.*

Watch the Shot Arc video by clicking the learn video button:



<https://youtu.be/4FbUQIQKR68>

Let it rain:

- 1. Tap on Shot Arc.*
- 2. Select distance.*
 - a. Pick a distance you are comfortable with.*
- 3. Partner Up.*
 - b. This is a 2 player drill as you need to receive a pass to shot.*



4. Pass to Begin.

- c. Each player get a turn (10 shots) until each player has 3 turns.
- d. After each player's turn, check out the Shot Arc Breakdown and Digital Coach Feedback.

Tip: Bend your knees and jump towards the rim to produce enough power.



Stats: Angles of Attack

Whether it's shooting hoops, building something or taking a good selfie, angles matters.

Improvements:

1. *You tried the Dribble Power Training again. Did you improve and how so? If not, why not?*
2. *What stats did you get from your Shot Arc Skills Training?*
3. *How will understanding your angle of shoot improve your play?*



Life's Angles of Attack:

- 1. What are some everyday things that you do that involve angles?*

- 2. How would you teach angle of attack to someone younger?*

- 3. Would you be willing to teach others what you have learned the last couple of weeks? Why or why not?*

MVP! MVP! MVP! The last session will bring you into the Hall of Famer status. Next week, you practice the Shot Speed + Arc at once!



Week #6: Hall of Famer

PROGRESS: 1. rookie 2. starter 3. all star 4. mvp 5. superstar 6. HALL OF FAMER

*That's right, you are about to complete this! You are now a living legend.
Your number is retired. You're an ambassador for this program!*

Hall of Famer Induction:

- 1. Attempt the Shot Backspin, Consecutive Dribbles and Dribble Power Skill Training.*
- 2. Take the Shot Speed + Arc Skill Training.*
- 3. View and evaluate yourself and sessions.*

Warm Up: Versus Ball

You will need:

- one (1) basketball*

Versus Ball:

- 1. Divide players into 2 teams.
 - a. Teams line up on the opposite sides of the half-court line.**
- 2. Once the whistle blows, both players race to get the ball in the middle.
 - b. They play, anybody's ball half-court, 1-on-1 until someone scores.*
 - c. Facilitator can call a draw after 30 seconds.**
- 3. The team with the most points at the end of 10 minutes is the winner.*

Note:

- After all players have had a chance to go 1-on-1, they line up to go 2-on-2.*
- After several rounds of 2-on-2, progress to 3-on-3 until time is up.*

Putting all your skills in Versus Ball will show off what you have learned!



Skills: Shot Speed + Arc

Part 1: Connect and Set Up Squads

Let's get it together:

- 1. Sync 94Fifty Basketball to device.*
- 2. Open 94Fifty application (app).*
- 3. Set up Squads (Shooter, Passer, Tracker and Encourager).*

Part 2: Skill Training Showdown

Time to show off your skills!

Showing off your Consecutive Dribbles:

- 1. Go to the 94Fifty Menu Bar.*
- 2. Tap Skill Training.*
- 3. Tap on Consecutive Dribbles.*
- 4. Dribble to Begin.*
 - a. Each player gets 1 turn.*
 - b. After each player's turn, check out the Consecutive Dribbles Breakdown and Digital Coach Feedback.*

Showing off your Shot Backspin:

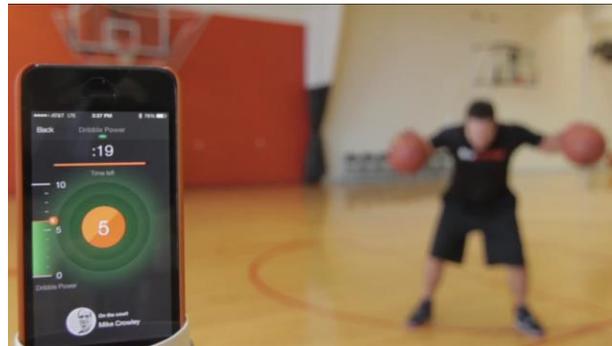
- 1. Tap Shot Backspin.*
- 2. Shot to Begin.*
 - a. Each player gets 1 turns (10 shots).*
 - b. After each player's turn, check out the Shot Backspin Breakdown and Digital Coach Feedback.*



Showing off your Dribble Power:

1. Go to the 94Fifty Menu Bar.
2. Tap Skill Training.
3. Tap Dribble Power.
4. Dribble to Begin.
 - a. Each player gets 1 turns @ :40 seconds.
 - b. Challenge yourself with one of the following: Behind Dribbling, Two at a Time or In Between.
 - c. After each player's turn, check out the Dribble Power Breakdown and Digital Coach Feedback.

Encourage, push, laugh, urge and have fun with each other!



Part 3: Shot Speed + Arc

You have learned where your Shot Speed and Shot Arc are at. You can work on these individually but working them together makes you an overall better shooter. It's difficult but that's where being F.A.T pays off!

Let's combine them together using the 94Fifty:

1. Go to the 94Fifty Menu Bar.
2. Tap Skill Training.
3. Tap Shot Speed + Arc.

Watch the Shot Arc video by clicking the learn video button:

Shot Speed + Arc



<https://youtu.be/mcAtYxTg93o>

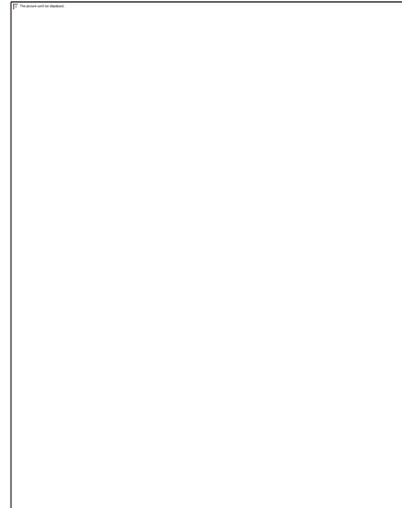


Game like Training:

1. Tap on Shot Speed + Arc.
2. Select distance.
 - a. Pick a distance you are comfortable with.
3. Partner Up.
 - b. This is a 2 player drill as you need to receive a pass to determine the speed of your release.
4. Pass to Begin.
 - c. Each player get a turn (10 shots) until each player has 3 turns.
 - d. After each player's turn, check out the Shot Speed + Arc Breakdown and Digital Coach Feedback.

Tips:

- The ideal shot speed is .70 seconds.
- The ideal shot arc is 45 degrees.
- Bend your knees and jump towards the rim to produce enough power.





Stats: Start Something Else

Congrats! You've learned some new skills and hopefully discovered something new about yourself! Be proud and start something else!

<i>1. Did you complete your goal(s) during this program?</i>	
<i>2. What challenges did you have?</i>	
<i>3. How much effort did you give outside of the sessions?</i>	
<i>4. What did you learn about yourself?</i>	
<i>5. What are your thoughts about the program?</i>	
<i>6. Any final words from the Hall of Famer?</i>	