



Hoops & Spikes

Hoops & Spikes is a new collaborative program between Ontario Basketball (OBA) and the Ontario Volleyball Association (OVA) that was launched in Spring 2016 with the generous support of the Ontario Ministry of Tourism, Culture and Sport. The program is designed for children ages 6 to 9 and teaches fundamental movement and sport skills through games and experimentation. **Hoops & Spikes is a turnkey program, providing hosts with the full curriculum, participant materials, and coach training required to deliver the programming. The program provides participants with the competence and confidence to be active for life not only in basketball and volleyball, but in a variety of activities. Get up and get active!**

Program Details

Curriculum:

- Weekly 60-minute lesson plans for 12 weeks
- Draws from other physical literacy-based programs, including OVA's SPIKES and the Physical & Health Education (PHE) Canada Handbook
- Created by Paul Jurbala (Canadian Sport for Life expert), Kathy Brook (basketball expert) and Shayne White (volleyball expert)
- Mix of activities and games to keep participants engaged and to improve their fundamental movement and basic sport skills
- Curriculum/practice plans are **FREE**

Coaching:

- Hoops & Spikes coaches receive **FREE** NCCP Fundamental Movement Skills Training

Cost to Hoops & Spikes Participants:

- Based on facility and staffing costs associated with the local program

NCCP Fundamental Movement Skills Training Requirements

- Facility: classroom and a gym/activity room
- All coaches/participants must be 16 years of age or older
- E-mail class list to OBA one week prior to the training date (minimum of 10 participants)

Hoops & Spikes Program Requirements

Facility: A double gym is ideal; a single gym or playground space is possible.

Equipment (included for **FREE):**

- pinnies, 4 colours x 5 each
- agility ladders (2)
- small cones
- tape for marking wall/floor targets
- bean bags
- pool noodles
- 8" or 10" activity balls



Hoops & Spikes Program Delivery Request Form

Contact Information

Contact Name: _____

Contact Title: _____

Organization Name: _____

Contact E-mail: _____

Contact Phone: _____

NCCP Fundamental Movement Skills Training (Full Day – 8 hrs)

Ideal Training Date: _____

Requested Time: _____

Anticipated Number of Participants: _____

Facility Address: _____

City: _____ Province: _____ Postal Code: _____

Hoops & Spikes Program

Tentative Hoops & Spikes Season Requested: Winter 2017 Spring 2017

Facility Address: _____

City: _____ Province: _____ Postal Code: _____

Anticipated Number of Participants per Session: _____

Do you require Ontario Basketball to provide assistance with coaches or facility fees? Yes No

If yes, please outline the requirements:

Please return your completed form to Marlon Piedrahita at community@basketball.on.ca.