



## PLAYBALL BASKETBALL *Skills & Activities Guide - Preps 40 min*

### **GROUP WARM UP** *RUN BY SIMON 10min*

45 CHILDREN. 2 PARENTS RUNNING EACH STATION. EACH STATION WILL COVER A HALF COURT.  
15 CHILDREN PER STATION. CHILDREN ROTATE BETWEEN EACH STATION EVERY 10 MINUTES

*WARM UP 8:10AM / 1ST STATION START 8:20AM / 1ST ROTATE 8:30 / 2ND ROTATE 8:40 .*

### **STATION 1 - DRIBBLING & MOVING 10 min**

*Wide stance, good balance, knees bent, back straight, eyes up, dribble no higher than waist, Fingers spread, push the ball to the ground don't pat, dribble hand on top of ball. Use left & right hands.*

**Meet & Greet:** Dribble & shake hands but don't stop dribbling. Meet 8 people. Nominate Left or Right hand shaking. Look at their face, have a conversation. Change dribbling hands.

**Dribble & Pass** - Three groups of 4 children on side line. Dribble around a cone placed 6 meter away, dribble back to a cone 3 meters from next in line and pass. Next player goes. [SEE VIDEO](#)

### **STATION 2 - PASSING & MOVING 10min** *(Partner Passing plus one activity)*

**Partner passing:** Children in Pairs 8 feet apart. Chest & Bounces. Receiver's hand up to receive ball.

**Dribble & Passing:** Two groups of 3 or 4 children at each sideline and facing each other 7 metres apart. Dribble toward the other group, jump stop 3 metres away then pass to opposite number.. Joining the end of the line you are dribbling to.

or **Shuffle & Pass:** In pairs jog up the court passing, receiver run to get in front of passer.

### **STATION 3 - SHOOTING 10 min** *(Set Shot plus one activity)*

**TIPS** *Balanced stance – feet pointing straight ahead, feet shoulder width apart, strong hand under the ball, support from non-shooting hand on the side, bend knees, push elbow up through middle of ball, follow through with wrist snap.*

**Partner shooting** – Get a partner, one ball between 2 and face each other from 3 metres away. A straight line between partners. Shoot to each other high as if shooting at the ring.

**Dribble, Stop & Shoot:** Three groups of 4 players behind a cone at 3point arc area. Dribble close to ring, jump stop and shoot. Rings are high so aim to hit ring or backboard to gain a point. Return to line.

### **ALL CHILDREN - Practice game** *(Session 2 & 3 at 8:40am nstead of one station) 10 min*

*All sessions to include a modified game. Games are teaching session –Encourage spacing, moving, passing.*

**Numbers Game:** Two or Teams sitting separately. Children in each team given a corresponding number. Parent calls out a number, Children with that number run out & collect one of two balls thrown in by the Parent, first to dribble and shoot at ring and hit the ring (doesn't have to go in) scores point for team. *(cover all numbers so all have turn)*

or **Knock-over-Cones:** Set up a triangle of 3 cones (goal) at each end. Two teams, one wearing sashes. Instead of team dribbling & shooting at the ring, shoot at the cones to score a point for team. *Rule: 3 dribbles max then pass*