

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

### **GROUP WARM UP 6 min** (Rotate: 8:18 / 8:26 / 8:34 / 8:40am) Run by Simon

Jog, defensive-shuffle, Backwards, Cross-step. **Quick Jumps** as if with a skipping rope. **Power Jumps** up high as if grasping a re-bound with 2 hands. **Donkey Jumps** - feet hit buttox. **Foot Fire:** Pitter Patter Feet, on the spot, slow then faster, really fast, Coach yells LEFT - jump left & back, RIGHT, or JUMP.

Fingertip: juggle ball between hand fingertips Ball Wraps: Around waist, knees, head, figure 8 through legs. Use pads of fingers, go fast as comfortable. Toss clap & catch: One ball each in space. Throw high, how many hand claps can you do before catching? Change direction - push off back foot (cutting). Jump-Stop. Pivot - Jumping for a ball.

Spread out on sideline. Coach calls out 'GO' to start & 'JUMP STOP' to stop. On JUMP STOP, perform a 360d Pivot.

Partner Pivoting: / In/Out Game: Coach yells out 'IN' or 'OUT', get it wrong you are out.

Sliding Defence - feet don't cross. Mass Movement - Coach indicates direction. Move with correct defence posture

### **STATION 1 - Dribbling & Moving 8 min** (On-the-Spot plus one activity)

*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. VIDEO*

Coach to Demonstrate correct technique then players practice.

**On-the-spot:** Dribble Right hand, left hand, left to right, dribble low, dribble high, sitting down, lying down,. Pound the ball. Practice a Crossing Over from one hand to other.

Stop-&Go: Players spread on sideline. Together on **GO**, Jog & Dribbling. On **STOP**, stop with Jump Stop but keep dribbling on the spot. On GO ,continue. Again now but using non-preferred hand.

Dribble through Cones - Players must weave b/w cones dribbling with hand furthest away from cone. Use Croos-over.

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

Dribble Knock Away - Set area, All players dribbling - Knock others ball away with free hand. Keep Head up, change hands, protect ball. Dribble Tag - All dribbling, set area, one/two person 'IT', IT must tag another, on tagging, a new IT person.

### **STATION 2 - Partner Passing & Moving 8 min** (Partner Passing plus one activity)

*Good balance, knees bent, head up, back straight, wide stance. Fingers relaxed, spread, thumbs behind the ball. Elbows bent. Step towards receiver. Point fingers to target, thumbs to the ground. Give a target hand to passer when receiving. Receiver spread fingers and extend arms, eyes on the ball, bend arms to catch. VIDEO*

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

2 Line Passing: 2 groups - maximum 3 at each end facing each other 7 metres apart. Dribble then pass to opposite number from 8 feet away. Joining the end of the line you are dribbling to.

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

Keepings Off (8 players) -2 Defenders (give them a sash) in set area. No dribbling. One Ball. Defenders try to tag ball handlers whilst they hold the ball or get the ball. Have 40 sec. Try with two ball. Forces offence to look up, move and good passes. New defenders, go again. Alternative: Half kids have sashes. Keepings off even groups, dribbling allowed.

### **STATION 3 - Shooting 8 min** (Set Shot plus one activity)

*Balanced stance - feet pointing to the ring, feet shoulder width apart, strong hand under the ball, support from non-shooting hand, aim at target, bend knees, push elbow up through middle of ball, follow through with wrist snap. VIDEO*

**Set Shot** - BEEF: Balance-Eyes-Elbow-Flick. Pantomime action without ball 1st, then with a ball. Spread along a line, a ball each, one at a time shooting, give feedback then next. Can shoot with a partner to each other. Shooting against the wire-fence. All about Technique.

Dribble, Stop & Shoot: 2 or 3 groups of 4 players marked with 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.

Triple threat position - Players in 2 groups at half court, Coaches at free throw line. In turn, jog towards coach, receive pass from coach with a jump stop. Dribble past coach & shoot at hoop. Dribbler retrieves ball placing at Coach's feet.

### **ALL CHILDREN - Practice game 10 min**

*All sessions to include a modified game. Games are teaching session - set modified rules ie 3 dribbles max then pass / No dribbling or 5 dribbles max / 5 seconds only with ball. Encourage spacing, moving, facing basket, passing.*

1/2 court game: 2 teams of 4 or 5, one team wears sashes. If after a shot or turnover opposition gets ball, ball must be dribbled/passed to 1/2 court before being on offence.

Numbers Game: Two Teams sitting opposite, children in each team given a corresponding number. On Coach calling your number, run out collect one of two balls, first to dribble and shoot at ring and hit the ring (doesn't have to go in) scores point for team.

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.