

PLAYBALL BASKETBALL *Term of Skills & Activities Training*

8 mins **24 mins** **8 mins**

Warm-up

Line Dribble follow the leader, 1 ball each. Use all the ½ court in a figure eight. Keep the ball on the *outside hand* with other hand behind the back.

Body movement exercise. No balls. Coach to lead player's single file. Change the movement type on change of direction. Jog, defensive-shuffle, Backward Step, Cross-step. **Tips:** Straight back, hands ready.

Dribble from baseline to touch ¼, ½, ¾ lines dribble back to baseline each time. Change dribbling hand each direction.

Red Rover Cross Over – Children behind sideline on ½ court, no ball. 1 or 2 players on court. Side players must run to safety of other side court without being tagged. If tagged join the taggers. Players cross when lead player yells 'Red Rover Cross Over'. Last player not tagged the winner.

Tappers – Players in pairs. No balls. Each player tries to touch partner behind the knee. Start by having hands on Shoulders. Alternative – try to step lightly on partner's toes. **Tips:** Stay low, keep on toes.

Chain Tag – One ball each in defined area. 1 tagger without ball. When tagged, link arms, get rid of ball and work together to tag more players. Non tagged players must dribble to move.

Court Recognition – Line players on baseline. Ask them what line this is and its purpose. Walk group to all lines and do the same for: Sideline, Free Throw Line, Key, Half Court line. Now – last player to get to the line you call out is OUT.

Introduction – Aim of game, how do we play, basic rules, court lines/ boundary. Walk around the ½ court, all children have a ball at all times. Need for Skills of Passing, dribbling, shooting. Spacing & team work.

Ball Handling

Fingertip handling: juggle ball between hand fingertips, no looking at ball, head up. Easier –tap the ball on ground

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?

Two ball Dribble: With a partner, dribble on the spot with two balls whilst looking at partner. Swap over.

Body Movement & Footwork

Demonstrate & Practice: Running –*hands ready*. Change direction –*push off back foot (cutting)*. Jump-Stop. Stride-Stop. Pivot –*Forward & Back Pivots*. Jumping for a ball.

Red light/Green light - Spread out on sideline. Coach calls out 'Green' to start & 'Red' to stop. On Red, players perform a Jump Stop. Do the same for stride-stop. No balls first, then try with a ball. Try a stop with a 360d Pivot.

Partner Pivoting: Grab a partner, one ball only. Partner has 10 seconds to grab ball. Protect ball by good pivoting. Forward/back Pivot on each foot.

Jumping Lines: Players line-up along sideline. Facing Coach, Jump over sideline into the court & backward out of court. Try jumping sideways over the line. Try scissor Jumps. **Game:** 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.

Dribbling 8 mins

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, other hand protects the ball. Use left & right hands.

Introducing: Coach in middle of small circle so all can see. Demonstrate correct technique then players practice. Dribble Right hand, left hand, left to right, sitting down, lying down, dribble low, dribble high. **As they improve:** Alternative hands, Rapid Fire –as fast as possible at knee height, Magic Five: Every fifth dribble change hands and back. Figure 8, Blur, Pendulum, 2 balls.

Speed dribble. Control Dribble when closely defended. Cross-over dribble to change direction.

Stationary Tasks – low/high dribble, yo-yo, 1 hand yo-yo, b/w legs, L/R hands, eyes up, eyes closed, dribble sitting down, lying down.

Meet & Greet: Dribble & shake hands. Meet 6 people. Nominate Left or Right hand shaking. Look at their face, have a conversation but don't stop dribbling. Change dribbling hands.

Snake Dribble: Players in two teams in a line. Teams 7 metres apart. Two balls in middle. Players given a number. Coach calls out a number, players with that number run to middle, dribble ball to team and proceed to dribble in & out of each team mate, then dribble back to centre return ball & run back to line. First player back wins for team.

Dribble Replays: 2/3 players at each sideline. All have a ball. Dribble to opposite line & join end of that line. Walking pace first, then jog, then run. **VARIATIONS** – put out cones to dribble through. Have 2 groups and make it a competition. Have one ball and teams must pass to opposite line. Perform a skill at 2/3 points during crossing ie 5 rapid stationary dribble & a full 360d pivot. You choose skill.

Red Rover Dribbling – Children behind sideline on ½ court without ball. 3 players on court with ball. Side players must run to safety of other side court without being tagged by the dribblers. If tagged, get a ball & join the dribblers.

Heads up Direction Change: Players in lines of 5 all with a ball. Players to dribble in the direction the coach is pointing. Controlled dribble stance. Players to dribble 4 steps only whilst looking at the coach.

Speed Dribble Game: Players on baseline. Players speed dribble to half way and back. Last 1 or 2 back are eliminated.

Dribble Knock Away – Set area, All players dribbling - Knock others ball away with free hand. If loose ball, dribble around the outside. Keep Head up, change hands, protect ball, control dribble stance.

Dribble Corridor with partner passive defence (protection dribble) no closer than 4 feet & force dribbler to the side to change hands. Change positions on the way back. Change partners & go again.

Passing & Receiving 8 mins

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.

Partner passing: Chest, Bounce & Push Passes (left & right). Ensure good execution. Try 2 balls chest & bounce passes.

2 Line Passing: 2 groups facing each other 7 metres apart. Dribble then pass to opposite number. Joining the end of the line you are dribbling to. Maximum of 3 players at each end.

Snake Passing: Players in two teams opposite each other on sidelines. 2 balls in middle. Players given a number to remember. Coach calls out a number, players with that number run to middle, dribble ball to team and proceed to pass to each team mate, then dribble back to centre return ball & run back to line. First player back wins for team.

Jog & Pass: In pairs jog up the court passing without travelling if possible, receiver get in front of passer. **VAR:** Try this with Receiver stopping with a jump stop / stride stop, up the court.

Chain Passing: 3 players on sideline spaced 3 metres apart. Ball starts with centre player. Walk then jog across court passing through centre player. No dribbling. Ball to always be passed forward (to a leading hand)

Money Ball: Players with a partner opposite in a circle of 4-5 partners. Partners pass their ball across the circle. One pair has the 'money ball'. All other pairs try to knock money ball whilst in the air. If so, they get money ball. Balls are 'hot'.

Pass Knockdown: 2 Teams with two cones abutting at each end. No dribbling. One ball. Object is to pass ball to a position where the cones can be knocked down. Encourage moving to space. Team without ball plays defence.

Keepings Off (6-8 players) – 1 or more Defenders in set area. No dribbling. How many touches of ball by defence in a minute. Try with two ball. Forces offence to look up, move and good passes. New defenders, go again.

Coach Passes To Strong Lead – Player in a line, jog to the coach, lead strongly to one side & call for the ball, pass back to the coach, next. **VAR:** Players pair off Defence and Offence line on baseline. Offence passes ball to Coach who tries to pass back. Defence must cut off pass. Use V / L cuts. Then play 1-on-1 for a basket. Rejoin opposite line.

Shooting Skills 8 mins Ring set to 9 foot where possible.

Balanced stance – feet pointing to the ring, shooting foot in front of the other, 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.

Set Shot – BEEF: Balance-Eyes-Elbow-Flick. Pantomime action without ball 1st, then with ball shoot and catch. With partner. Against a wall. In the air to a partner. Shoot accurately to hit a straight line. At the ring last of all. Technique.

Lay-Up: NOT FOR YR1-2 (for right hander) Step-left-bounce-right-left-up. Bounce-2-3-Up Technique. Pantomime without a ball, then with ball.

Seven: 3 Groups of 2/3 at a 3 shooting points equal distance close to ring. Take turn of shooting within group. 1 point per point. First group to 7.

Dribble, Stop & Shoot: 3 groups at mid ½ court. Dribble close to ring, jump stop and shoot. Return to line.

Numbers Shooting: All players given a number positioned at half court. 5 balls placed at jump circle closest to ring. Coach calls out 3-5 numbers then 'GO'. Those players run to collect ball. 1st basket scores 3 points, 2nd 2points, 3rd basket 1 point.

Sink the Titanic: Players line up at shooting spot. Aim is to keep team shooting. In turn shoot at basket. If successful return to back of line. If miss – get on Titanic on baseline. If next shooter scores, the first person on Titanic back in game. Each successful shot rescues player from Titanic.

Triple threat position – dribble-pass-shoot options. Players in 2 groups at half court, Coach at free throw line. Run towards coach, receive pass from coach with a jump stop. Dribble past coach & shoot at hoop. Dribbler places ball at Coach's feet. Alternative: Have a child stand on either side of coach as a passing option, then receive pass back on way to basket.

Defensive Less focus on in Aussie Hoops program but promote concept of '*marking an opponent player*' and '*get in front of player with the ball*'. Stance/Technique. No crossing feet. Back straight, one hand up, eyes up.

Corridor dribble - partners, no ball, switch roles at end

Pair up – use sashes. Defending team active man to man Def. Coach tries to inbound a ball. SWAP.

Rebounding – block out a man first, then jump for the ball.

Get That Ball – 3 partners 5 metres from ball in middle, 10 seconds for offence to get past defence partner to get ball.

Offence Court balance. Creating space. Do not bunch up. Positioning on the court.

Passing around the key exercise. When you pass, run to under the basket -high five the Coach then back to position. (encourages movement) Try with one/two defenders – not allowed to grab ball. 5 passes then have a shot at goal.

Modified Game All sessions to include a modified game. ½ court use the sashes. Games are teaching session – set modified rules ie 3 dribbles max then pass / No dribbling / 5 seconds only with ball. Encourage spacing, moving, facing basket, passing.

Modified Basketball Games forms part of the training (8 minutes each session)

Coaches pick and choose which modifications they deem appropriate for their session. Lowered basketball rings where possible to 9 foot, Play half court, size 5 balls only, Introduce rules: Demonstrate to the group Travelling, Double Dribbling. **VARIATIONS** .Can't steal the ball off the person holding it, Make 3,4,5 passes before you can score, Only allowed a certain number of dribbles i.e. 4, Once a team has entered the offensive half they must make at least 3 passes before scoring, the same person can't score more than twice in a row

Pickup and Chase: 2 Groups using half court line up on opposite sidelines towards mid court. Group 1 player rolls ball to middle of court to player from group 2. Players 1 must round a cone then immediately play defense on Player 2 who collects rolled ball to dribble to basket to score. As soon as Group 2 player collects ball, next ball is rolled. Change Groups after each turn. 1 point for hitting ring, 2 points for basket. Keep your own score.

Numbers: Two Teams, children in each team given a corresponding number (match to height/gender/age). Coach places 2 balls in middle. Coach calls a number. Those 2 players collect a ball each and dribble to basket to score for their team. 1 point for score. Team first to 7 wins game. Coach can call 2 numbers. To score for team both team members must score to receive 1 point for team. **ALT.** Only 1 ball. Coach throws ball onto court calls number(s) and children play 1v1 or 2v2 to score & defend.

Rollerball: Two teams, a Running & Fielding Team. Like baseball. Cones mark 4 bases in half court. Running team in turn from under basket rolls ball into court and runs the 4 bases. Fielding team collects ball and passes it to nominated shooter positioned at shooting spot. Shooter must score basket to get runner OUT before they reach home base. Coach will nominate shooter as ball is rolled by calling out a number. Fielders are each given a number to remember. **ALT.** Have runners dribble ball

½ Court Game: Use sashes provided if necessary to distinguish teams. ½ court game – after possession change, team must pass/dribble ball to half court first prior to playing offense. Apply Basketball modifications as you wish, listed above. You Referee & Coach the game and teach the rules to the whole group.