



FIBA
OCEANIA

We Are Basketball

Teachers Lesson Plans

With acknowledgement to Aussie Hoops and the Australian Sports Commission

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Introduction

Welcome to the FIBA Oceania "Teacher Lesson Plan Booklet", this booklet is designed to assist and support school teachers during their physical activity lessons during school time.

As physical activity is an important part of a child's life, we want to help provide the best possible information to the teacher. Children's sport should be promoted as an enjoyable activity which builds skills, knowledge of the game, friendships and is an exciting pastime.

The program is designed for kids to have FUN and experience basketball skills. The activities can be played all year round and enjoyed by children of all abilities, ages and gender.

This program aims to:

- Offer quality, quantity, variety and equity in sporting activities
- Encourage participation and skill development by everyone
- Promote enjoyable and satisfying competition while discouraging the "win at all costs" attitude
- Promote fair play and good sporting behaviour involved
- Establish a sound foundation for activity throughout life and for higher level of sport.
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Regular participation can provide children with many positive and worthwhile experiences. Children should be encouraged to participate at least three times per week in sessions of approximately 15-30 minutes in addition to daily physical education. This could be done in a timetabled sports period, at lunchtime, after school or on the weekend.

Regular aerobic exercise is important for maintaining and improving heart-lung fitness.

Treat each child as an individual. Improvements in performance should be measured against past, personal performances rather than compared with a peer's performance.

Use competition as a motivator to encourage children to strive for improvements in their personal performance. The emphasis should be placed on personal goals rather than the outcome of the competition or the result of the game.

Encourage children to participate in a variety of sports and learn a variety of sports skills. This will help build a strong base of "all round" sports skills which will help the children participate in sport of their choice later in life.

All children should be encouraged to play together (whether boys, girls, tall, short, fat, thin, able-bodied or disabled) and to recognize each other's performance, regardless of the end result, as being of value.

Equipment Required

- 12 Rubber Basketballs
- 5 Cones
- Whistle
- Bibs x 10 (2 different colours)
- Rule Book

A MESSAGE FROM FIBA OCEANIA

As competitors, we relish a sporting contest and we respect winners. We have every reason to be proud of the achievements of our sportsmen and sportswomen against the best in the world.

The struggle for victory is an essential element of sport. But even more important than winning, especially for young athletes, is the spirit of sporting competition.

Young people enjoy participating in sport - they enjoy learning new skills and playing the game. Winning is important, but it's not the only reason for playing.

Codes of Behaviour is a sporting initiative committed to the development of young people through sport. It's about giving young athletes the best possible experience in sport. That means developing sporting skills, promoting fun and enjoyment, encouraging everyone to participate, and highlighting the importance of fair play.

Codes of Behaviour supports educational organisations to ensure that young people have the opportunity to participate in and enjoy junior sport.

All those involved in junior sport: players, coaches, officials, administrators, parents and the media have an important role to play. Individually, and as a group, we provide the environment in which junior sport is played. Our challenge is to encourage all young athletes not only to participate in sport, but also to play by the rules, and ensure that everyone gets a "fair go" in sport.

These Codes of Behaviour have been developed to assist different groups to promote fair play and appropriate behaviour in junior sport. We encourage schools, sporting associations and other groups to endorse and promote these codes. The result will be a better deal in sport for all young athletes.





TEACHERS' Code of Behaviour

1. Encourage children to develop basic skills in a variety of sports and discourage over-specialisation in one sport or one playing position.
2. Create opportunities to teach appropriate sports behaviour as well as basic skills
3. Give priority to free play activities, skill learning and appropriate sports behaviour over highly structured competitions for primary school children.
4. Prepare children for intra and inter school competition by instruction in basic sports skills.
5. Make children aware of the positive benefits of participation in sporting activities.
6. Keep up to date with the latest coaching practices and the principles of physical growth and development.
7. Help children understand the differences between the junior competition they play and professional sport.
8. Help children understand that playing by the rules is their responsibility.
9. Give all children equal opportunities to participate.



COACHES' Code of Behaviour

1. Remember that children participate for pleasure and that winning is only part of the fun.
2. Never ridicule or yell at a child for making a mistake or losing.
3. Be reasonable in your demands on young players' time, energy and enthusiasm.
4. Teach your players to follow the rules.
5. Whenever possible, group players to ensure that everyone has a reasonable chance of success.
6. Avoid overplaying the talented players. The just average need and deserve equal time.
7. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
8. Develop team respect for the ability of opponents and for the judgements of officials and opposing coaches.
9. Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
10. Keep up to date with the latest coaching practices and the principles of growth and development of children.
11. Create opportunities to teach appropriate sports behaviour as well as basic skills.



PLAYERS' Code of Behaviour

1. Play by the rules
2. Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
3. Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
5. Be a good sport. Applaud all good plays whether they are by your team or the opposition.
6. Treat all players, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Co-operate with your coach, teammates and opponents. Without them there would be no competition.
8. Play for the fun of it, and not just to please parents and coaches.



PARENTS' Code of Behaviour

1. Remember that children play sport for their enjoyment, not yours.
2. Encourage children to participate, do not force them.
3. Focus on the child's efforts and performance rather than winning or losing.
4. Encourage children to always participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best by example. Applaud good play by all teams.
7. Support all efforts to remove verbal and physical abuse from sporting activities.
8. Respect officials' decisions and teach children to do likewise.
9. Show appreciation of volunteer coaches, officials and administrators. Without them, your child could not participate.



ADMINISTRATORS' Code of Behaviour

1. Involve young people in the planning, leadership, evaluation and decision making related to the activity.
2. Give all children equal opportunities to participate.
3. Ensure that rules, equipment, length of games and training schedules suit the age, ability and maturity level of participants.
4. Provide quality supervision and instruction for junior players.
5. Remember that children participate for enjoyment.
6. Don't over-emphasize awards.
7. Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
8. Ensure that everyone involved in junior sport emphasizes fair play, not winning at all costs.
9. Give a code of behaviour sheet to spectators, officials, parents, coaches, players and the media, and encourage them to stick to it.
10. Remember, you set an example. Your behaviour and comments should be positive and supportive.
11. Support the implementation a National Junior Sport Policy.

OFFICIALS' Code of Behaviour

1. Modify rules and regulations to match the skill levels and needs of children.
2. Compliment and encourage all participants.
3. Be consistent, objective and courteous when making decisions.
4. Condemn unsporting behaviour and promote respect for all opponents.
5. Emphasize the spirit of the game rather than errors.
6. Encourage and promote rule changes, which will make participation more enjoyable.
7. Be a good sport yourself. Actions speak louder than words.
8. Keep up to date with the latest trends in officiating and knowledge of growth and development of children.
9. Remember, you set an example. Your behaviour and comments should be positive and supportive.



MEDIAS' Code of Behaviour

1. Provide coverage of children's competitive and non-competitive sport as well as reporting adult sport.
2. Be aware of the differences between adult sports programs and children's sports programs.
3. Don't highlight isolated incidents of inappropriate sporting behaviour.
4. Focus upon the children's fair play and their honest effort.
5. Do not place unfair expectations upon children. They are not miniature professionals.
6. Describe and outline the problems of children participating in organised sports.

SPECTATORS' Code of Behaviour

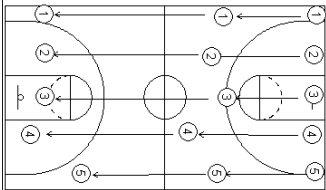
1. Remember that children play sport for their enjoyment, not yours.
2. Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.
3. Respect officials' decisions and teach children to do the same.
4. Never ridicule or scold a child for making a mistake. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
6. Show respect for your team's opponents. Without them there would be no game.
7. Encourage players to follow the rules and the officials' decisions.
8. Do not use foul language or harass players, coaches or officials.

Lesson Plan 1

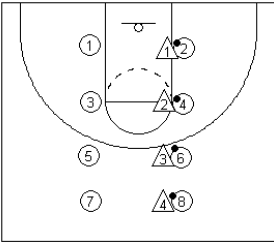
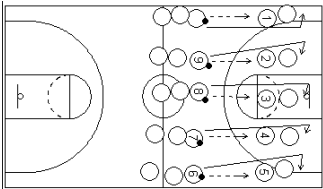
Warmup and Stretching

Activity	Time	Drill Setup	Teaching Points
1. Slappers	5 mins	<ul style="list-style-type: none"> Players in pairs Each player tries to "slap" their partner behind the knee <p>Modification</p> <ul style="list-style-type: none"> Prepare by putting hands on their partners shoulders Each player tries to step lightly on their partners toes 	<p>Warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none"> Make sure you follow the proper stretching technique

Body Movement and Footwork

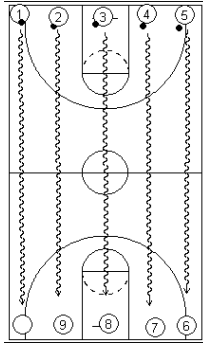
Activity	Time	Drill Setup	Teaching Points
1. Red Light / Green Light	5 mins	 <ul style="list-style-type: none"> Players line up on the baseline Coach says "green light" and players start jogging Coach says "red light" and children stop using a jump stop or stride stop into basketball "ready" position 	<ul style="list-style-type: none"> Balance – Nose behind toes Wide base for support "Sit" into stopping position Weight on the balls of your feet

Passing

Activity	Time	Drill Setup	Teaching Points
1. Pig in the middle	5 mins	 <ul style="list-style-type: none"> In groups of 4 – passer, receiver, defender, gopher (person to get ball) Defender attempts to stop the ball getting to the receiver Passer needs to fake and pass, pivot and pass. Passer cannot lob the pass Passer must wait for the defender to be in front of them to pass Defender keep track of the number of times they deflect the ball The gopher will retrieve the deflected ball Each defender stays in for 30sec to a minute 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Fingers relaxed and spread, thumbs behind the ball, elbows bent Step towards the receiver as you pass "Snap" your wrists and fingers on release Point your fingers to the target and your thumbs to the ground "Fake a pass" to "Make a pass" Pass away from the defence Give a target when receiving Spread fingers and extend arms "Eyes on the target" Bend arms to catch
2. Line Passing	10 mins	 <ul style="list-style-type: none"> In groups of 6 - players stand approx 2metres apart, facing each other, pass, then run behind the line you passed to, repeat. Players perform <ul style="list-style-type: none"> Chest Pass Bounce Pass Push Pass (left /right) Challenge – number of passes without dropping the ball or race to 15 passes 	

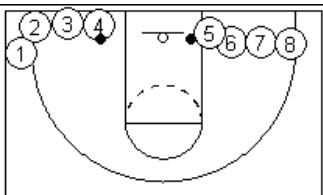
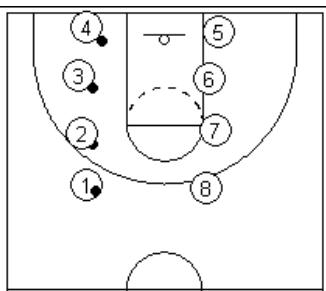
Ball Handling

Activity	Time	Drill Setup	Teaching Points
1. Relays	15 mins	<ul style="list-style-type: none"> • Players in groups of 6 - 1 line on one baseline and the other on the other baseline • Players walk towards their line doing the ball handling drill • Do all drills twice <ul style="list-style-type: none"> ○ Finger tips ○ Head wraps ○ Stomach wraps ○ Crab walk (ball gets passed between your leg as you take steps) ○ Right hand dribble ○ Left hand dribble ○ 1 fancy dribble (cross over, between legs, behind back etc) ○ 1 relay race, right hand dribble to middle of court, kneel, sit, lie down and then dribble to line, repeat with left hand. 	<ul style="list-style-type: none"> • Eyes should be up and on the other line • Fingers relaxed and spread on the ball • Keep the ball in the finger "pads" • Dribble no higher than the hip height • Fingers spread for max. control • Guide the ball with a gentle pushing action rather than "patting" the ball • Use left and right hands



Shooting

Activity	Time	Drill Setup	Teaching Points
1. Technique Development	15 mins	<ul style="list-style-type: none"> ○ Players in partners, one ball per partner, stand opposite each other. ○ Coach goes through the technique of shooting (see shooting technique) ○ Players practice technique shooting to each other. 	<ul style="list-style-type: none"> • Stance – Good balance, knees bent, head up, "shooting" foot slightly forward. • "Nose behind toes: and head in the middle of stance. • Eyes on the target. • "Shooting" foot pointing to your target • Elbow under the ball • Ball off the palm, fingers spread to cradle the ball.
2. Seven		<ul style="list-style-type: none"> ○ Divide players into equal groups ○ Players shoot from designated spots, within their range ○ Each shot is worth 1 point ○ First team to 7 wins 	<ul style="list-style-type: none"> • Push elbow "up" through the middle of the ball • Follow through "lock" the elbow and "snap" the wrist • Shoot "up" not "at" • Power comes from legs



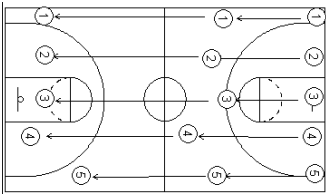
Lesson Plan 2

Warmup and Stretching

Activity	Time	Drill Setup	Teaching Points
1. Line Tag	5 mins	<ul style="list-style-type: none"> • Players stand on one of the lines of the court • Players must run, staying on the lines and changing direction where the lines intersect • The person who is "it" must tag another player who becomes "it" 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> • Prepare the body for the activity ahead • Performance • Help to prevent injury
2. Stretching	5 mins		

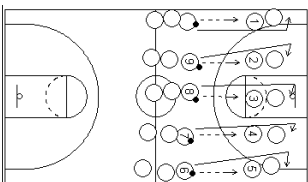
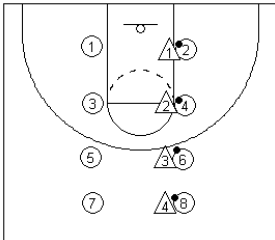
Body Movement and Footwork

Activity	Time	Drill Setup	Teaching Points
1. Red Light / Green Light with pivots	5 mins	<ul style="list-style-type: none"> • Same as Lesson 1 but when players stop they Pivot (1/2 turn) in a full circle • Players perform pivot on the call of "pivot" from the coach • Use both forward and reverse pivots 	<ul style="list-style-type: none"> • Balance – Nose behind toes • Wide base for support • "Sit" into stopping position • Weight on the balls of your feet • Stay low while pivoting



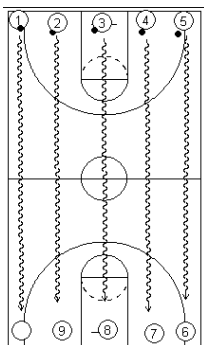
Passing

Activity	Time	Drill Setup	Teaching Points
1. Pig in the middle	5 mins	<ul style="list-style-type: none"> • In groups of 4 – passer, receiver, defender, gopher (person to get ball) • Defender attempts to stop the ball getting to the receiver • Passer needs to fake and pass, pivot and pass. • Passer cannot lob the pass • Passer must wait for the defender to be in front of them to pass • Defender keeps track of the number of times they deflect the ball • The gopher will retrieve the deflected ball • Each defender stays in for 30sec to a minute 	<ul style="list-style-type: none"> • Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance • Fingers relaxed and spread, thumbs behind the ball, elbows bent • Step towards the receiver as you pass • "Snap" your wrists and fingers on release • Point your fingers to the target and your thumbs to the ground • "Fake a pass" to "Make a pass" • Pass away from the defence • Give a target when receiving • Spread fingers and extend arms • "Eyes on the target" • Bend arms to catch
2. Line Passing	10 mins	<ul style="list-style-type: none"> • Set up as Lesson 1 • Review passes from Lesson 1 • Introduce 2 ball passing 	



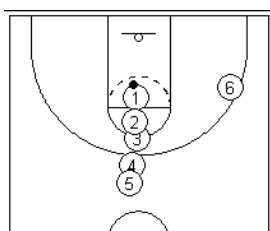
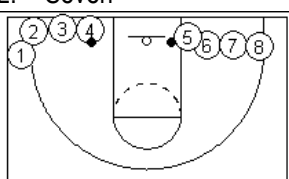
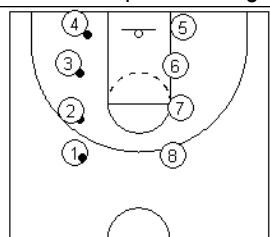
Ball Handling

Activity	Time	Drill Setup	Teaching Points
1. Relays	15 mins	<ul style="list-style-type: none"> • Players in groups of 6 - 1 line on one baseline and the other on the other baseline • Players walk towards their line doing the ball handling drill • Do all drills twice <ul style="list-style-type: none"> ○ Finger tips ○ Head wraps ○ Stomach wraps ○ Crab walk (ball gets passed between your leg as you take steps) ○ Right hand dribble ○ Left hand dribble ○ 1 fancy dribble (cross over, between legs, behind back etc) ○ 1 relay race, right hand dribble to middle of court, kneel, sit, lie down and then dribble to line, repeat with left hand. 	<ul style="list-style-type: none"> • Eyes should be up and on the other line • Fingers relaxed and spread on the ball • Keep the ball in the finger "pads" • Dribble no higher than the hip height • Fingers spread for max. control • Guide the ball with a gentle pushing action rather than "patting" the ball • Use left and right hands



Shooting

Activity	Time	Drill Setup	Teaching Points
1. Technique Shooting	15 mins	<ul style="list-style-type: none"> ○ Players in partners, one ball per partner, stand opposite each other. ○ Coach revises technique of shooting (see teaching technique) ○ Players practice technique shooting to each other. 	<ul style="list-style-type: none"> • Stance – Good balance, knees bent, head up, "shooting" foot slightly forward. • "Nose behind toes: and head in the middle of stance. • Eyes on the target. • "Shooting" foot pointing to your target • Elbow under the ball • Ball off the palm, fingers spread to cradle the ball. • Push elbow "up" through the middle of the ball • Follow through "lock" the elbow and "snap" the wrist • Shoot "up" not "at" • Power comes from legs
2. Seven		<ul style="list-style-type: none"> ○ Divide players into equal groups ○ Players shoot from designated spots, within their range ○ Each shot is worth 1 point ○ First team to 7 wins 	
3. Knock out		<ul style="list-style-type: none"> ○ One player shoots the ball from a designated spot ○ If the player misses they move to the side and wait ○ If the next player makes the shot the player waiting is out, if they miss, they replace the player waiting; the player waiting is safe and returns to the end of the line. ○ The last player left is the winner 	

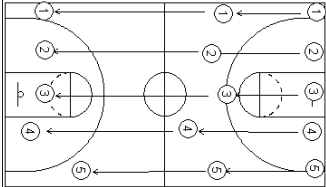


Lesson Plan 3

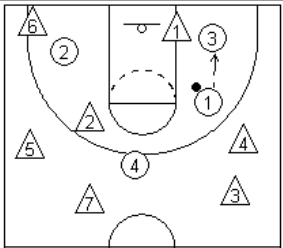
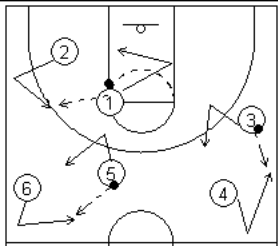
Warmup and Stretching

Activity	Time	Drill Setup	Teaching Points
1. Tiger by the tail	5 mins	<ul style="list-style-type: none"> • Played in pairs • 1 partner has a shirt or other clothing item tucked into the back of their shorts • The other partner chases and attempts to steal the piece of clothing • Once stolen then they become the tiger 	<p>Warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> • Prepare the body for the activity ahead • Performance • Help to prevent injury
2. Stretching	5 mins		

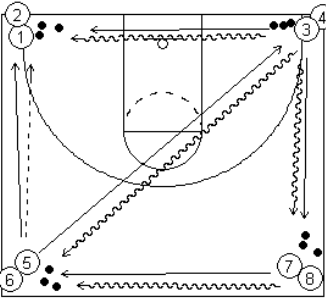
Body Movement and Footwork

Activity	Time	Drill Setup	Teaching Points
1. Red Light / Green Light with pivots	10 mins	<ul style="list-style-type: none"> • Same as Lesson 2 • Work on using alternate feet on the pivots • Use both forward and reverse pivots 	<ul style="list-style-type: none"> • Balance – Nose behind toes • Wide base for support • "Sit" into stopping position • Weight on the balls of your feet • Stay low while pivoting
			

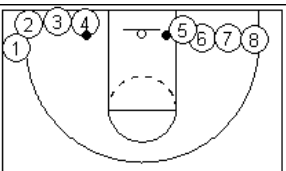
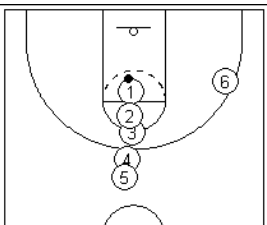
Passing

Activity	Time	Drill Setup	Teaching Points
1. Pass Tag	5 mins	<ul style="list-style-type: none"> • Set up a boundary e.g. ½ court • 4 players are "it" and must pass the ball and move to tag the other players • The ball must remain in the players hand when they tag another player • You cannot run with the ball, you cannot dribble; you can only pass and corner a player to tag them. • A tagged player joins the team that is "it" 	<ul style="list-style-type: none"> • Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance • Fingers relaxed and spread, thumbs behind the ball, elbows bent • Step towards the receiver as you pass • "Snap" your wrists and fingers on release • Point your fingers to the target and your thumbs to the ground • "Fake a pass" to "Make a pass" • Pass away from the defence • Give a target when receiving • Spread fingers and extend arms • "Eyes on the target" • Bend arms to catch
			
2. Lead and Pass	10 min	<ul style="list-style-type: none"> • In pairs, 1 ball per pair • Player A makes a V cut, shows a target hand and receives a pass from player B • Player A lands in a jump stop or stride stop (coach decides) • Player B makes a V cut, shows a target hand and receives a pass from player A 	
			

Ball Handling

Activity	Time	Drill Setup	Teaching Points
<p>1. Rob the nest</p> 	15 mins	<ul style="list-style-type: none"> ○ 4 teams, 1 team in each corner of the ½ court. ○ Each team has 3 balls ○ On “go” 1 player from each team runs to rob another teams nest of 1 ball and dribbles back to their own corner ○ You cannot stop a player taking your ball ○ The players take turns, only leaving their nest when the player before them has placed the ball with the group ○ The winning team is the team that has the most balls in their corner at the end of the time period (1-2mins). 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance ● Fingers relaxed and spread on the ball ● Keep the ball in the finger “pads” ● Dribble no higher than hip height ● Fingers crossed for max. control ● Guide the ball with a gentle pushing action rather than “patting” the ball ● Use left and right hands ● Keep your head up

Shooting

Activity	Time	Drill Setup	Teaching Points
<p>1. Seven</p> 	7 mins	<ul style="list-style-type: none"> ○ Set up as for Lesson 2 ○ Designate shooting spots that are within the players shooting range 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, “shooting” foot slightly forward. ● “Nose behind toes: and head in the middle of stance. ● Eyes on the target. ● “Shooting” foot pointing to your target
<p>2. Knock out</p> 	7 mins	<ul style="list-style-type: none"> ○ The 1st player in the line shoots the ball from the designated spot ○ Once the ball has hit the rim, the next player in line can shoot the 2nd ball. ○ Players continue shooting until 1 player scores ○ If the 2nd player makes the shot, the 1st player is out ○ If the 1st player makes the shot then pass the ball to the next player in line and the 2nd player continues to shoot. ○ The new player shoots the ball and the rules continue ○ The winner is the last player left 	<ul style="list-style-type: none"> ● Elbow under the ball ● Ball off the palm, fingers spread to cradle the ball. ● Push elbow “up” through the middle of the ball ● Follow through “lock” the elbow and “snap” the wrist ● Shoot “up” not “at” ● Power comes from legs

Warmup and Stretching

Lesson Plan 4

Activity	Time	Drill Setup	Teaching Points
1. Simon Says	5 mins	<ul style="list-style-type: none"> Anything "Simon Says" must be attempted by the group involved. 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none"> Make sure you follow the proper stretching technique

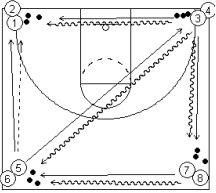
Body Movement and Footwork

Activity	Time	Drill Setup	Teaching Points
1. Freeze	5 mins	<ul style="list-style-type: none"> Set a boundary using the court markings e.g. ½ court Players must run anywhere in the court, avoiding the other players by using change of direction footwork Coach calls "freeze" and all players must stop, using three stride or jump stop On "go" players begin to run again Increase the difficulty by reducing the area players have to move in 	<ul style="list-style-type: none"> Balance – Nose behind toes Wide base for support "Sit" into stopping position Weight on the balls of your feet
2. 30 second slide drill		<ul style="list-style-type: none"> Place markers at each end of the foul line and other side of the centre circle Players perform a defensive slide between the markers They must touch each marker as they slide Players perform the drill for 30 sec Count the number of times they touch the markers Challenges: between player 	<ul style="list-style-type: none"> Head in the middle of stance Short sharp steps, keeping wide stance 1st step in the direction you are going Anticipate the movement of the offence 1 hand up – on shot or pass 1 hand down – pass or dribble

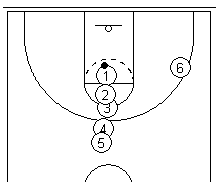
Passing

Activity	Time	Drill Setup	Teaching Points
1. Partner Passing	5 min	<ul style="list-style-type: none"> In pairs behind the baseline, players facing each other Players pass the ball back and forward while performing a defensive slide the length of the court 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Fingers relaxed and spread, thumbs behind the ball, elbows bent
2. 3 man passing	5 min	<ul style="list-style-type: none"> In groups of 3 Run the lanes and pass the ball up the court Begin with 1 ball and progress to 2 Each group can take 1 layup at the end 	<ul style="list-style-type: none"> Step towards the receiver as you pass

Ball Handling

Activity	Time	Drill Setup	Teaching Points
1. Rob the nest 	7 mins	<ul style="list-style-type: none"> ○ Set up as Lesson 3 ○ Run the activity for 2-3mins 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance ● Fingers relaxed and spread on the ball ● Keep the ball in the finger “pads” ● Dribble no higher than hip height ● Fingers crossed for max. control ● Guide the ball with a gentle pushing action rather than “patting” the ball ● Use left and right hands ● Keep your head up
2. Dribble relays	7 mins	<ul style="list-style-type: none"> ○ Use full court in groups 3 or 4 ○ Coach gives instructions of the relay to be conducted incorporating ball handling skills and dribbles ○ E.g. dribble with your right hand to the foul line, jump stop, perform figure 8’s, dribble with your left hand to the ½ way line, perform 5 “blurs”, dribble to the baseline with your preferred hand. 	

Shooting

Activity	Time	Drill Setup	Teaching Points
1. Dribbling v Shooting Relay	7 mins	<ul style="list-style-type: none"> ○ Players divided in 2 teams ○ Team 1 dribbling, Team 2 shooting ○ As a group, each player in Team 1 dribbles from baseline to baseline twice ○ At the same time Team 2 is doing as many layups as they can in the time it takes Team 1 to complete their task ○ Reverse roles ○ Winning team has the most layups made at the end of the rotation ○ Use right and left hand shooting and dribbling 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, “shooting” foot slightly forward. ● “Nose behind toes: and head in the middle of stance. ● Eyes on the target. ● “Shooting” foot pointing to your target ● Elbow under the ball ● Ball off the palm, fingers spread to cradle the ball. ● Push elbow “up” through the middle of the ball ● Follow through “lock” the elbow and “snap” the wrist ● Shoot “up” not “at” ● Power comes from legs
2. Sink the Titanic 		<ul style="list-style-type: none"> ○ A variation of Knockout Lesson 2 ○ When a player misses they go to the titanic ○ Each goal saves 1 player from drowning ○ Game is over when all players are on the Titanic 	

Warmup and Stretching

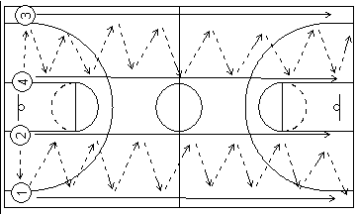
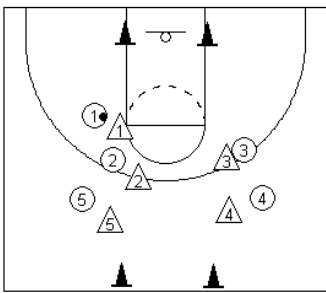
Lesson Plan 5

Activity	Time	Drill Setup	Teaching Points
1. Stuck in the mud	5 mins	<ul style="list-style-type: none"> Set up a playing area by using the court lines 2 people are "it" Others must avoid being tagged When tagged they are "stuck in the mud" Players from their team can release them by crawling through their legs A player is safe if they have crawled ½ way through 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none"> Make sure you follow the proper stretching technique

Body Movement and Footwork

Activity	Time	Drill Setup	Teaching Points
1. Obstacle Course relay	10 mins	<ul style="list-style-type: none"> In even groups on the baseline Set up a number of obstacles down the length of the court In turn, the players run through the obstacles performing the skills set by the coach 	<ul style="list-style-type: none"> Balance – Nose behind toes Wide base for support "Sit" into stopping position Weight on the balls of your feet

Passing

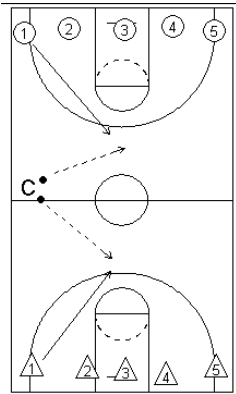
Activity	Time	Drill Setup	Teaching Points
1. Partner Passing	5 min	 <ul style="list-style-type: none"> Setup as in Lesson 4 3 players, 2 outside players defensive slide, middle player runs Using 2 balls, outside player passes to middle player and receives the ball back Middle player pivots to face the second ball and repeats the passing sequence Continue down the court 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Fingers relaxed and spread, thumbs behind the ball, elbows bent Step towards the receiver as you pass
2. Pass Knockdown	5 min	 <ul style="list-style-type: none"> Divide into 2 even teams Set a playing area using the court lines Place 2 cones at each end of the area Teams must pass the ball to get it by the defence The attacking team needs to progress the ball into a position to knock down the cone 1 point is given for each cone that is knocked over Set the playing time to "first to" score When the cone is knocked over the game is restarted with the opposition getting possession at the end of the playing area 	

Ball Handling

Activity	Time	Drill Setup	Teaching Points
1. Dribble knockout	15 mins	<ul style="list-style-type: none"> ○ Setup playing area by using the court lines ○ All players have a ball (if not enough balls then when a player gets out they hand a ball to the next player waiting on the sideline). ○ Players attempt to knock the ball away from their opponents while maintaining their own dribble ○ A player is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds ○ As players are eliminated, reduce the size of the playing area. ○ Last player left is the winner 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance ● Fingers relaxed and spread on the ball ● Keep the ball in the finger “pads” ● Dribble no higher than hip height ● Fingers crossed for max. control ● Guide the ball with a gentle pushing action rather than “patting” the ball ● Use left and right hands ● Keep your head up

Shooting

Activity	Time	Drill Setup	Teaching Points
1. Seven	7 mins	<ul style="list-style-type: none"> ○ Setup as for Lesson 3 ○ Designate the shooting spots in the player shooting range 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, “shooting” foot slightly forward. ● “Nose behind toes: and head in the middle of stance. ● Eyes on the target. ● “Shooting” foot pointing to your target ● Elbow under the ball ● Ball off the palm, fingers spread to cradle the ball. ● Push elbow “up” through the middle of the ball ● Follow through “lock” the elbow and “snap” the wrist ● Shoot “up” not “at” ● Power comes from legs
2. Numbers	7 mins	<ul style="list-style-type: none"> ○ Divide the group into 2 teams with 1 team on each baseline ○ Each player is given a number which corresponds with a player on the other team ○ The coach calls a number and throws 2 balls onto the court ○ The 2 players collect a ball and dribble to their basket to score ○ The 1st player to score a basket scores a point for their team ○ Set a time of a “first to” score ○ The team with the most points wins 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, “shooting” foot slightly forward. ● “Nose behind toes: and head in the middle of stance. ● Eyes on the target. ● “Shooting” foot pointing to your target ● Elbow under the ball ● Ball off the palm, fingers spread to cradle the ball. ● Push elbow “up” through the middle of the ball ● Follow through “lock” the elbow and “snap” the wrist ● Shoot “up” not “at” ● Power comes from legs



Lesson Plan 6

Warmup and Stretching

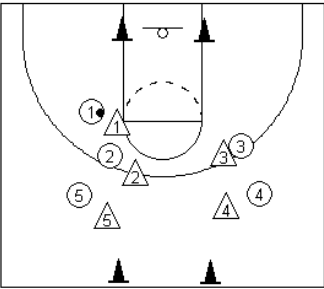
Activity	Time	Drill Setup	Teaching Points
1. Pass Tag	5 mins	<ul style="list-style-type: none"> Divide the group into 2 teams 1 team has the ball Pass the ball in their team and try to tag the opposition Players cannot run with or drop the ball. This is a turnover. All players without the ball can move When players are tagged they move outside the designated area If the team with the ball turns it over, the players who have been tagged can return to the game on the passing team Team who manages to tag all their opposition wins. 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none"> Make sure you follow the proper stretching technique

Body Movement and Footwork

Activity	Time	Drill Setup	Teaching Points
1. Obstacle Course relay	10 mins	<ul style="list-style-type: none"> In even groups on the baseline Set up a number of obstacles down the length of the court In turn, the players run through the obstacles performing the skills set by the coach 	<ul style="list-style-type: none"> Balance – Nose behind toes Wide base for support “Sit” into stopping position Weight on the balls of your feet

Passing

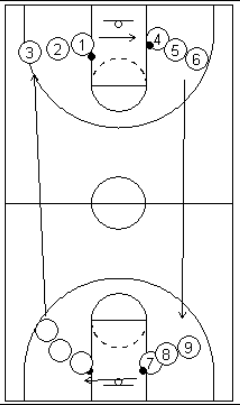
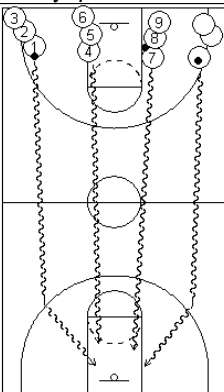
Activity	Time	Drill Setup	Teaching Points
1. Pass Knockdown	5 min	<ul style="list-style-type: none"> Setup as in Lesson 5 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Fingers relaxed and spread, thumbs behind the ball, elbows bent Step towards the receiver as you pass



Ball Handling

Activity	Time	Drill Setup	Teaching Points
1. Dribble tag	15 mins	<ul style="list-style-type: none"> ○ Setup playing area by using the court lines ○ 5 players have a ball and are designated as "it" ○ Players with a ball must remain control of their ball and attempt to tag any player that does not have a ball. ○ Once a player is tagged they move to the out of bounds area. ○ Last player left is the winner 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance ● Fingers relaxed and spread on the ball ● Keep the ball in the finger "pads" ● Dribble no higher than hip height ● Fingers crossed for max. control ● Guide the ball with a gentle pushing action rather than "patting" the ball ● Use left and right hands ● Keep your head up

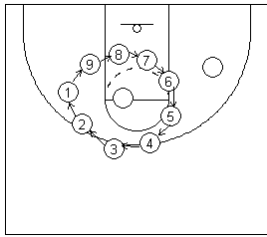
Shooting

Activity	Time	Drill Setup	Teaching Points
1. 21	7 mins	 <ul style="list-style-type: none"> ○ Divide the group into 4 teams ○ Designate the shooting spots within the players range ○ Players get 2 points if the shot is successful from the designated spot ○ If the shot is made or missed, the player can catch the ball before it hits the ground ○ The player can then shoot again ○ If the 2nd shot is successful it is worth 1 point ○ The team keeps a team score ○ Once a 21 is made from a team rotate spots. 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, "shooting" foot slightly forward. ● "Nose behind toes: and head in the middle of stance. ● Eyes on the target. ● "Shooting" foot pointing to your target ● Elbow under the ball ● Ball off the palm, fingers spread to cradle the ball. ● Push elbow "up" through the middle of the ball ● Follow through "lock" the elbow and "snap" the wrist ● Shoot "up" not "at" ● Power comes from legs
2. Layup race	7 mins	 <ul style="list-style-type: none"> ○ In even groups, lined up on the baseline ○ 1st player in each group dribbles to the opposite end and shoots until they score a basket ○ They dribble back to their team, jump stop at the foul line and pass to the next player ○ Continue through the team ○ 1st team finished wins. ○ Use right and left hand. 	

Lesson Plan 7

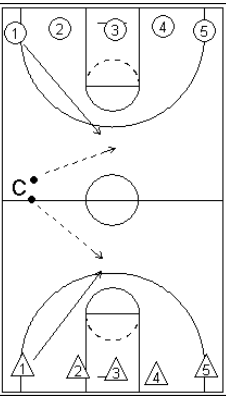
Warmup and Stretching

Activity	Time	Drill Setup	Teaching Points
1. Cat and Mouse	5 mins	<ul style="list-style-type: none"> Players form a circle and hold hands 2 players are selected 1 to be cat other mouse The cat starts standing outside the circle The mouse starts inside the circle The cat must try to catch the mouse The other children protect the mouse by letting the mouse pass under their arms but not the cat 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none"> Make sure you follow the proper stretching technique



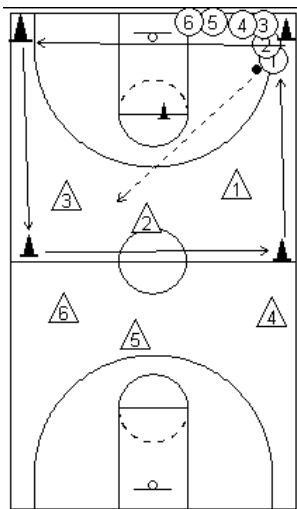
Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Numbers	15 mins	<ul style="list-style-type: none"> Divide the group into 2 teams with 1 team on each baseline Each player is given a number which corresponds with a player on the other team The coach calls a number and throws 2 balls onto the court The 2 players collect a ball and dribble to their basket to score The 1st player to score a basket scores a point for their team Set a time of a "first to" score The team with the most points wins 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for dribbling and shooting Have fun



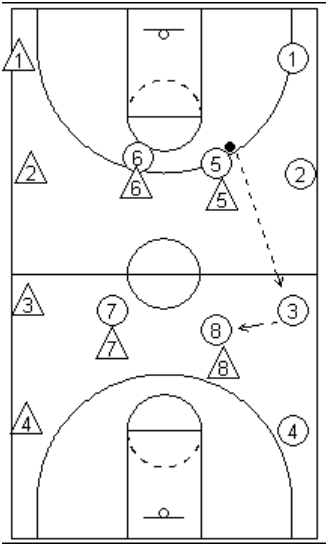
Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Base ball	15 min	<ul style="list-style-type: none"> Divide the group into 2 teams 1 team is running team, other team is fielding team ½ court lines designate the playing area Each player is given a number Along the lines of baseball, each member of the running team is given the opportunity to score a run A running player throws (rolls) the ball into the playing area. The ball must initially bounce in the playing area As the ball is thrown the coach will call out a number to nominate the shooter from the fielding side The fielding side must get the ball to the nominated player at the designated shooting spot as quickly as possible The runner attempts to run the "bases" the 4 corners of the ½ court and get home before the player scores If they score you are out, if not you get 1 point The game can be played for a length of time, number of innings or first to a target score. 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for passing, catching and shooting Have fun



Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Sideline basketball	20 mins	<ul style="list-style-type: none"> ○ Divide the group into 2 teams ○ Each team is given a sideline and a basket to defend ○ Start with 4 players from each team on the court ○ The remaining players in the team spread out evenly down their sideline ○ Each team tries to score in the basket their opposition is defending ○ When a team scores they join their team on the sideline and the next 4 new players on the line go in ○ The players on the court may use the players on the sideline to advance the ball down the court ○ Players on the sideline can pass the ball amongst themselves ○ All normal rules of basketball apply e.g. when a basket is scored the other team must inbound the ball ○ Play it with and without the use of dribbling 	<ul style="list-style-type: none"> ● Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance ● Encourage good technique in passing, receiving, dribbling, shooting, rebounding and defending ● Limit or take away the players use of the dribble to encourage more team work ● Have fun



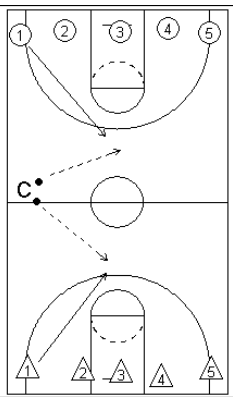
Warmup and Stretching

Lesson Plan 8

Activity	Time	Drill Setup	Teaching Points
1. Odd Man out	5 mins	<ul style="list-style-type: none"> Player moves around by either skipping, hopping or running When a whistle is blown they must grab a partner and not be the odd man out. 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		

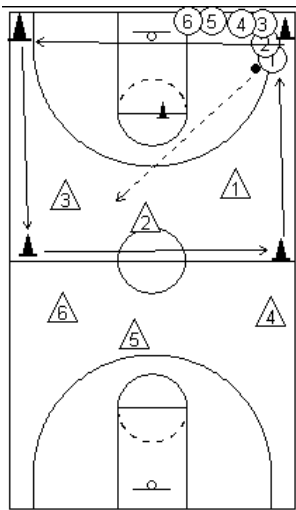
Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Numbers	10 mins	<ul style="list-style-type: none"> Divide the group into 2 teams with 1 team on each baseline Each player is given a number which corresponds with a player on the other team The coach calls a number and throws 2 balls onto the court The 2 players collect a ball and dribble to their basket to score The 1st player to score a basket scores a point for their team Set a time of a "first to" score The team with the most points wins 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for dribbling and shooting Have fun



Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Base ball	10 min	<ul style="list-style-type: none"> Divide the group into 2 teams 1 team is running team, other team is fielding team ½ court lines designate the playing area Each player is given a number Along the lines of baseball, each member of the running team is given the opportunity to score a run A running player throws (rolls) the ball into the playing area. The ball must initially bounce in the playing area As the ball is thrown the coach will call out a number to nominate the shooter from the fielding side The fielding side must get the ball to the nominated player at the designated shooting spot as quickly as possible The runner attempts to run the "bases" the 4 corners of the ½ court and get home before the player scores If they score you are out, if not you get 1 point The game can be played for a length of time, number of innings or first to a target score. 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for passing, catching and shooting Have fun



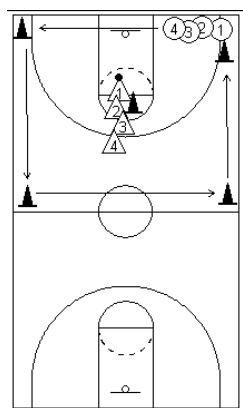
Modified Games

Activity

1. Golden Child

Time

10 min



Drill Setup

- Similar to Baseball
- Fielding team lines up on foul line
- 1 person shoots the ball
- At the same time a runner is trying to make it around the "bases"
- This person shoots until they make the basket
- When the basket is made the runner must freeze
- The next player shoots and the next runner runs and so on
- The last runner is called the "Golden Child"
- The "Golden Child" can unfreeze the frozen runner by tagging them as he/she runs the "bases"
- The score is the number of runners that get home before the shot is made, including those unfrozen by the "Golden Child"
- Teams change positions
- Winning team is the one with the most runs

Teaching Points

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Encourage use of good technique for passing, catching and shooting
- Have fun

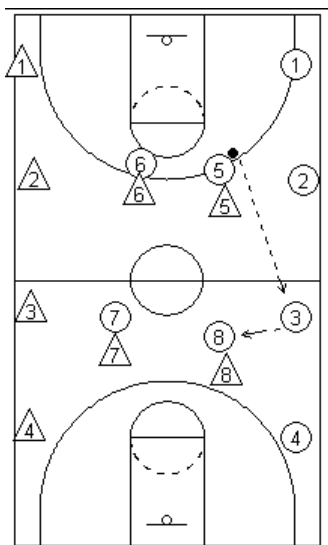
Modified Games

Activity

1. Sideline basketball

Time

20 mins



Drill Setup

- Divide the group into 2 teams
- Each team is given a sideline and a basket to defend
- Start with 4 players from each team on the court
- The remaining players in the team spread out evenly down their sideline
- Each team tries to score in the basket their opposition is defending
- When a team scores they join their team on the sideline and the next 4 new players on the line go in
- The players on the court may use the players on the sideline to advance the ball down the court
- Players on the sideline can pass the ball amongst themselves
- All normal rules of basketball apply e.g. when a basket is scored the other team must inbound the ball
- Play it with and without the use of dribbling

Teaching Points

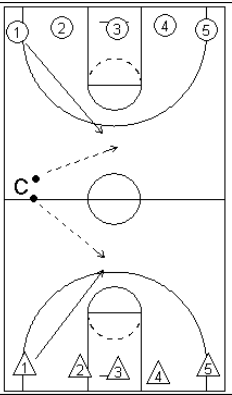
- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Encourage good technique in passing, receiving, dribbling, shooting, rebounding and defending
- Limit or take away the players use of the dribble to encourage more team work
- Have fun

Warmup and Stretching

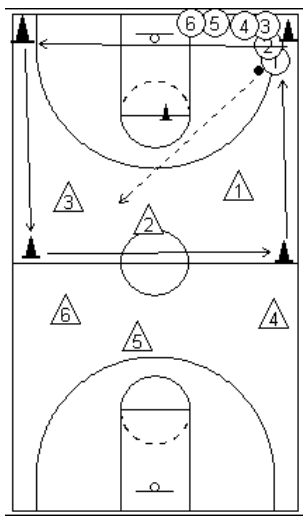
Lesson Plan 9

Activity	Time	Drill Setup	Teaching Points
1. Odd Man out	5 mins	<ul style="list-style-type: none"> Player moves around by either skipping, hopping or running When a whistle is blown they must grab a partner and not be the odd man out. 	Warmup should cover the 3 P's: <ul style="list-style-type: none"> Prepare the body for the activity ahead Performance Help to prevent injury
2. Stretching	5 mins		

Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Numbers	10 mins	 <ul style="list-style-type: none"> Divide the group into 2 teams with 1 team on each baseline Each player is given a number which corresponds with a player on the other team The coach calls a number and throws 2 balls onto the court The 2 players collect a ball and dribble to their basket to score The 1st player to score a basket scores a point for their team Set a time of a "first to" score The team with the most points wins 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for dribbling and shooting Have fun

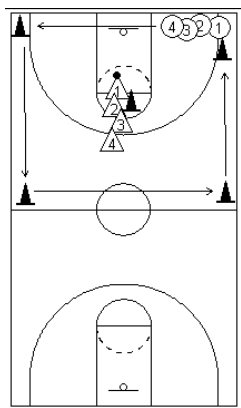
Modified Games

Activity	Time	Drill Setup	Teaching Points
1. Base ball	10 min	 <ul style="list-style-type: none"> Divide the group into 2 teams 1 team is running team, other team is fielding team 1/2 court lines designate the playing area Each player is given a number Along the lines of baseball, each member of the running team is given the opportunity to score a run A running player throws (rolls) the ball into the playing area. The ball must initially bounce in the playing area As the ball is thrown the coach will call out a number to nominate the shooter from the fielding side The fielding side must get the ball to the nominated player at the designated shooting spot as quickly as possible The runner attempts to run the "bases" the 4 corners of the 1/2 court and get home before the player scores If they score you are out, if not you get 1 point The game can be played for a length of time, number of innings or first to a target score. 	<ul style="list-style-type: none"> Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance Encourage use of good technique for passing, catching and shooting Have fun

Modified Games

Activity

1. Golden Child



Time
10 min

Drill Setup

- Similar to Baseball
- Fielding team lines up on foul line
- 1 person shoots the ball
- At the same time a runner is trying to make it around the "bases"
- This person shoots until they make the basket
- When the basket is made the runner must freeze
- The next player shoots and the next runner runs and so on
- The last runner is called the "Golden Child"
- The "Golden Child" can unfreeze the frozen runner by tagging them as he/she runs the "bases"
- The score is the number of runners that get home before the shot is made, including those unfrozen by the "Golden Child"
- Teams change positions
- Winning team is the one with the most runs

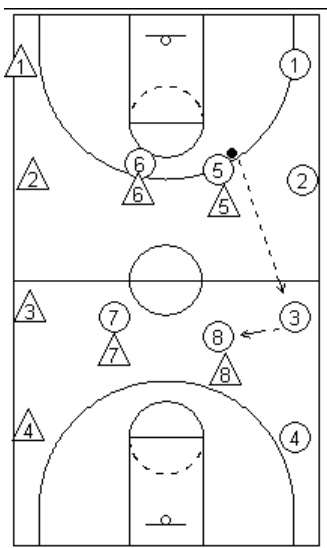
Teaching Points

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Encourage use of good technique for passing, catching and shooting
- Have fun

Modified Games

Activity

1. Sideline basketball



Time
20 mins

Drill Setup

- Divide the group into 2 teams
- Each team is given a sideline and a basket to defend
- Start with 4 players from each team on the court
- The remaining players in the team spread out evenly down their sideline
- Each team tries to score in the basket their opposition is defending
- When a team scores they join their team on the sideline and the next 4 new players on the line go in
- The players on the court may use the players on the sideline to advance the ball down the court
- Players on the sideline can pass the ball amongst themselves
- All normal rules of basketball apply e.g. when a basket is scored the other team must inbound the ball
- Play it with and without the use of dribbling

Teaching Points

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Encourage good technique in passing, receiving, dribbling, shooting, rebounding and defending
- Limit or take away the players use of the dribble to encourage more team work
- Have fun

Lesson Plan 10

Warmup and Stretching

Activity	Time	Drill Setup	Teaching Points
1. Odd Man out	5 mins	<ul style="list-style-type: none">• Player moves around by either skipping, hopping or running• When a whistle is blown they must grab a partner and not be the odd man out.	Warmup should cover the 3 P's: <ul style="list-style-type: none">• Prepare the body for the activity ahead• Performance• Help to prevent injury
2. Stretching	5 mins		<ul style="list-style-type: none">• Make sure you follow the proper stretching technique

Basketball Game

Activity	Time	Drill Setup	Teaching Points
1. Basketball Game	50 mins	<ul style="list-style-type: none">○ Divide the group into even teams of 5 (if possible)○ Play 5 min games against each other	<ul style="list-style-type: none">• Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance• Encourage use of good technique for dribbling and shooting• Have fun