



AUSSIE HOOPS COACHES GUIDE

The complete Aussie Hoops coaching guide designed for Local Centre Coaches



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INTRODUCTION



Welcome to Aussie Hoops: Basketball Australia's official junior game development program for 5-10 year olds and their families.

At all levels being a coach often provides a richly rewarding experience. Your involvement as an Aussie Hoops Coach is likely to be no different. In fact, the opportunity to provide participants with a 'defining moment' in basketball is extremely important in the overall pathway of Australian players. As a coach, you're developing the next generation of basketball players in Australia and contributing both to the success of our sport and its sustainability.



With the program's recent refresh come some exciting changes for coaches. As a critical piece of the puzzle you will now be provided with additional resources that will support you and the delivery of your local Aussie Hoops program. In addition, Basketball Australia has also synced the national coaching curriculum to the program meaning the content and direction provided in this guide is fully approved and endorsed by your governing body and us here at the Basketball Australia Centre of Excellence.

The opportunity for you to develop and grow as a coach starts here in our national Aussie Hoops program. This program is all about the participants and the opportunity that you as a coach will provide them in achieving personal success in terms of competence, enhanced self-esteem, social co-operation, skill development and maximum participation will be truly invaluable.

As coaches, we encourage you to read this guide and utilise it when delivering your local Aussie Hoops sessions. The provided session cards for all three staged programs will assist your delivery and ensure your local centre participants are receiving the same quality of delivery as other local centre participants nation-wide. As we continue to push for national consistency, you play an integral role in this outcome.

In closing, we thank you for your support of and commitment to Australian basketball. On behalf of the Australian Boomers and Australian Opals we wish you well in coaching the future of our great game.

Enjoy your involvement and most of all, have fun.

Andrej Lemanis
Boomers Head Coach

Brendan Joyce
Jayco Opals Head Coach

WHAT IS AUSSIE HOOPS?

Aussie Hoops is Basketball Australia's official junior game development program which provides an environment where children of all abilities can achieve on the court – and reap the rewards of skill development, enhanced self-esteem, social co-operation and grassroots sports participation.

Put simply, Aussie Hoops introduces children to basketball in a structured and accredited environment that connects our game at the grassroots through to the elite level. Our national coaching curriculum and sequentially-developed program consists of warm-up games, skill activities and modified games all delivered by accredited coaches.

Aussie Hoops' core values are:

- Fun and safe;
- For boys, girls, parents and caregivers; and
- Accessible and inclusive, nationwide.

AUSSIE HOOPS COACHES GUIDE

This Aussie Hoops Coaches Guide is an instructional guideline for Aussie Hoops Coaches of all abilities. It has been designed as a framework that assists children in beginning and enjoying basketball. It is a structured, non-competitive and fun focused framework that:

- Is easy to read and understand;
- Provides a catalogue of games and activities;
- Highlights the basic principles of the game;
- Is aligned with and forms the basis of the National Coaching Curriculum;
- Offers coaching tips and hints; and
- Outlines and emphasises safety.

Basketball Australia strongly recommends the program and its resources to all associations, clubs, schools and private providers who are passionate about providing quality sporting opportunities for children. For access to additional resources on Aussie Hoops activities, including video content, coaches can visit the Aussie Hoops website. The Basketball Australia National Coaching Curriculum can also be viewed online by visiting the Basketball Australia website.



AUSSIE HOOPS STRUCTURE

Basketball Australia has developed three staged programs which represent Aussie Hoops. The staged programs have been developed as a guide to effective delivery to ensure that for each age group, participants are undertaking drills and games relevant to their physical and mental capabilities. The underlying purpose of Aussie Hoops is to provide an opportunity to participate and find enjoyment in basketball. With this in mind, in some scenarios participants may participate in a staged program that is not linked to their age due to factors such as program size or ability. In these scenarios those decisions are made by the Local Centre Coordinator or Local Centre Coach in consultation with the parent or caregiver.



Aussie Hoops Rookie has been developed for 5 and 6 year olds as an introductory program that ensures all participants develop the fundamental skills to participate in and draw satisfaction from Basketball.



Aussie Hoops Starter has been developed for 7 and 8 year olds providing a transition from basic motor and basketball skill development into game sense application.



Aussie Hoops All-Star has been developed for 9 and 10 year olds and provides participants with a game sense focused program in preparedness for next step basketball programs at local associations.

Participants can start Aussie Hoops at any age between 5 and 10 years. It is important to note that the Rookie program is not a prerequisite for the Starter program, and the Starter program is not a prerequisite for the All-Star program. In reinforcing the emphasis of participation and enjoyment, the ability to place participants in the most applicable and comfortable group is designed to provide a positive basketball experience. It is also important to note that the number of staged programs (Rookie, Starter, All-Star) and frequency of delivery may be different at each local centre dependant on the local population, demand for the product and availability of facilities such as a metropolitan association versus a rural association.

WORKING WITH CHILDREN

When coaching it is important to remember that children:

- Have differing needs to achieve;
- Learn at different rates of speed;
- Have different interests and values;
- Can conceptualise movement;
- Often create their own movement patterns;
- Need time to develop newly acquired skills;
- Learn faster when the sequence is logical and clear and when there is flow from one area of instruction to the next;
- Respond positively to encouragement and a healthy relationship with their coach;
- Enjoy variety; and
- Love being with their friends.



AUSSIE HOOPS COACHING PHILOSOPHY

The Aussie Hoops coaching philosophy is centred on providing a fun, structured and active experience for all participants. Aussie Hoops coaches will provide opportunities for participants to experience and enjoy Basketball as preparation for lifelong involvement in physical activity & sport.

Basketball's fundamental skills are:

- **Ball handling;**
- **Dribbling;**
- **Passing;**
- **Catching;**
- **Shooting;**
- **Body movement and footwork; and**
- **Defence.**

Aussie Hoops is designed to address and develop these fundamental skills for 5 to 10 year old boys and girls. Aussie Hoops games and activities incorporate high participation with skill development to provide a safe and enjoyable learning environment.



When delivering Aussie Hoops sessions coaches should consider:

Discrete Coaching; With this approach coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one personalised coach support when required.

Role Modelling; Using participant role models during the coaching of skills and activities to demonstrate and emphasise good technique or strategies is a highly visual and often effective means of engagement. Be aware of cultural considerations when adopting this strategy.

Maximum Participation and Engagement; Children need to be active and crave movement. Minimising the amount of time participants 'wait for turns' or have to stand and listen to instructions establishes an active participating environment.

Implied Learning; Coaches don't always have to create a new game or activity to teach a skill. Often an elementary change in a game or activity achieves the desired outcome.

Modification; There are a variety of rule changes depending on the skill and age range of participants. The key modified rules of Aussie Hoops are:

- Use a size 5 Spalding basketball;
- Where possible use an 8 foot (2.4 metre) high basket;
- All baskets are worth 2 points, except free throws which are worth 1 point;
- It is a violation to steal the ball from someone's hands (the 'no grab' rule);
- Participants may shuffle their feet on the spot when they have the ball (be lenient on the 'travel' rule);
- Participants may use two hands when dribbling to gain control (be lenient on the 'double dribble' rule); and
- Establish compulsory playing time during games (i.e. everyone must play at least 3 quarters) or have a set time for substitutions.

THE AUSTRALIAN BASKETBALL PATHWAY

Aussie Hoops is an entry level basketball program for children and as a coach it's important to understand where Aussie Hoops fits in the overarching basketball development pathway. The pathway model identifies three primary stages.

1) Foundation;

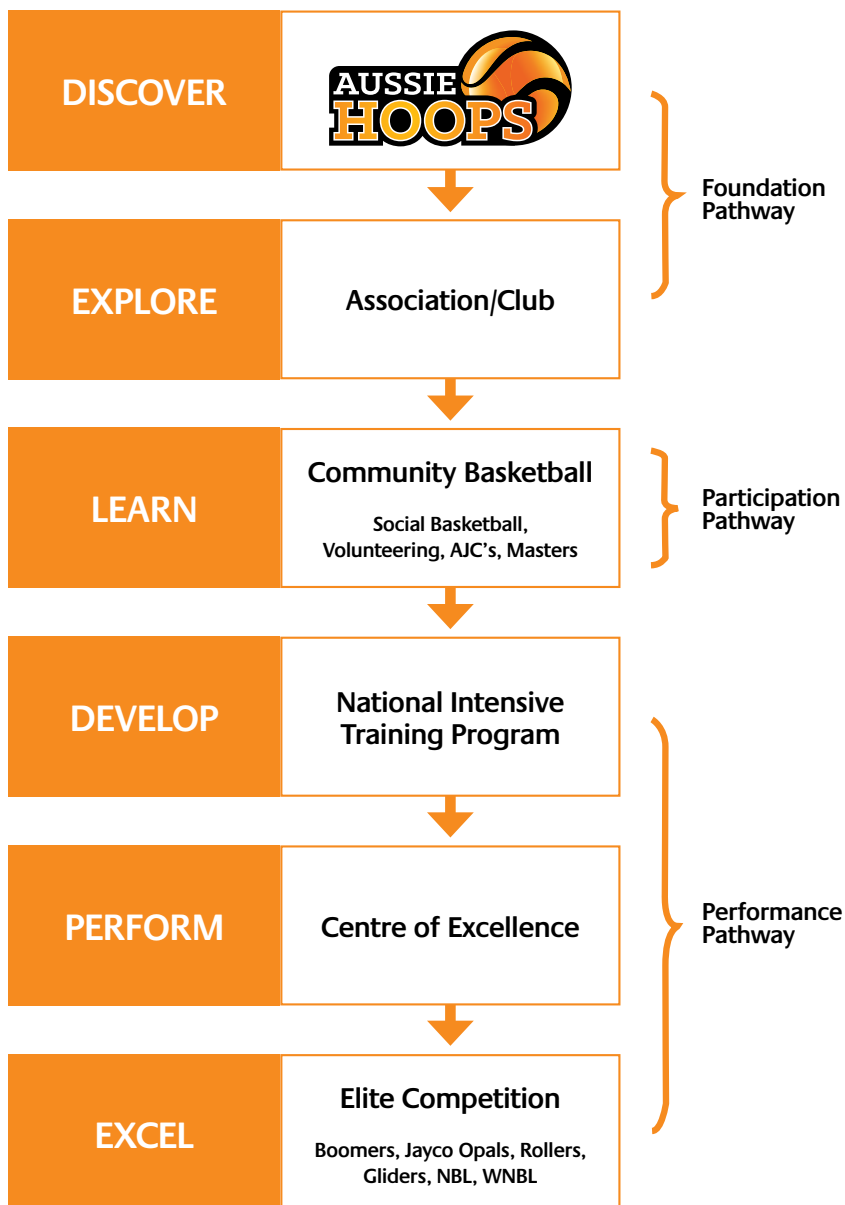
Developing children's fundamental movement and basketball skills and confidence. Confidence and competence in sport and physical activity stimulates ongoing active lifestyles and develops a love of the game. This is where Aussie Hoops fits into the basketball pathway.

2) Participation;

Retaining participants in basketball through teenage years into lifelong participation. The secondary school years and those immediately following see a drop-off in participation. Continued skill development and enjoyable basketball experiences will lead to far greater retention rates.

3) Performance;

Inclusive, well-targeted talent identification processes will give all athletes with the potential for elite success, access to a high performance program. This program needs to provide a holistic development pathway through appropriate coaching, competition structures and support networks. The ultimate goal is international sporting success.



DEVELOPING CONFIDENCE AND APTITUDE IN CHILDREN

Children require a basic movement comprehension which they can use as a basis for sports specific development later. Therefore early focus in the pathway should be towards developing transferable fundamental movement and sports skills. This will facilitate the development of knowledge, skills and self-confidence in participants.

In all situations it is your response that decides whether the experience of sport is positive or negative and whether participants gain or lose self-esteem.

BASKETBALL ESSENTIALS

The following diagram illustrates the breakdown of Basketball Essentials.

Basics; Basics form the basis of ‘movement literacy’ and prepare children for lifelong involvement in physical activity & sport.

Skills; Skills develop ‘sport literacy’ related to the game of basketball.

Techniques; Techniques develop ‘game literacy’ or understanding of the purpose and objectives of the games we play.

ESSENTIALS	TECHNIQUES	<p>FOOTWORK MOVEMENT</p> <ul style="list-style-type: none"> • Wraps – head, waist, knees, ankles • Figure 8’s • Straddle flip • Blurr • Two bounce • Spider • Rhythm • Double leg-single leg 	<p>BALL HANDLING</p> <ul style="list-style-type: none"> • Starts • Stops • Jumps • Run • Change direction • Change speed • Pivoting 	<p>CATCHING</p> <ul style="list-style-type: none"> • Point arms forward • Spread fingers • Watch the ball all the way into hands • Grip ball
	SKILLS	<p>DRIBBLING</p> <p>Right/left hands</p> <ul style="list-style-type: none"> • Power dribble • Crossover • Hesitation • Behind back • Between legs • Onside crossover 	<p>PASSING</p> <p>2 hand pass</p> <ul style="list-style-type: none"> • Chest pass • Bounce pass • Overhead pass <p>1 hand pass</p> <ul style="list-style-type: none"> • Push pass • Curl pass • Baseball pass 	<p>SHOOTING</p> <p>Lay-ups</p> <ul style="list-style-type: none"> • Underhand • Overhand • Reverse • Power <p>Jump shot</p> <ul style="list-style-type: none"> • Off catch • Off dribble • 3pt Shot • Foul shot
	BASICS	<p>OFFENCE</p> <p>Transition</p> <ul style="list-style-type: none"> • 2v1 • 3v2 <p>M v M</p> <ul style="list-style-type: none"> • Balance • Spacing • Timing • Ball • Movement • Cutting • Pass & cut • Flash cut • Shallow cut • Dribble entry • Screening 	<p>DEFENCE</p> <p>Transition</p> <ul style="list-style-type: none"> • Safety • Pick up <p>M v M</p> <ul style="list-style-type: none"> • Stances • Close outs • Spacing • Defend back cut • Defend dribble • Denial • Jump to ball • Defend post 	<p>REBOUND</p> <p>Offensive Rebound</p> <ul style="list-style-type: none"> • Position <p>Defensive Rebound</p> <ul style="list-style-type: none"> • Blocking out

GAME SENSE APPROACH

The game sense approach is essentially a learner-centred approach. It allows participants to develop their own skills and understanding, whilst being actively involved in a modified version of the game. In playing a modified version of the game, participants realise the strategic purpose and objective of the game as well as the particular tactics, skills and rules that are necessary to play the game successfully.

The game itself becomes the central focus of the session rather than being played at the end of a session. Skill development then occurs in the context of the game. In more traditional technique focused sessions, skills are taught in isolation and the learners are then 'rewarded' by being able to play a game at the end of the session.

In understanding the objective of the game, participants appreciate the fun of the game and become intrinsically motivated to learn the techniques to improve game performance. The role of the coach in a game sense approach is to facilitate the learning, not so much direct it. Through the use of specific questioning techniques and game modifications a learning environment that is both fun and purposeful is created.

AUSSIE HOOPS GAME SENSE APPROACH

Aussie Hoops will help participants develop the knowledge and skills for lifelong involvement in sport and physical activity. A game sense approach to learning will assist this.

Aussie Hoops Coaches should continually monitor the engagement and progress of their participants. With a game sense approach it is important not to overlook the need for specific basketball motor skill development, which is often a concern of coaches who feel that there can be a lack of emphasis on skill development at the expense of game play. With beginners, always attempt to deliver the most basic form of the game listed for a session, with only one or two key rules or conditions.

When you have more experienced or advanced groups and participants, look for ways to adapt or modify the suggested games so as to engage and challenge players at an appropriate level.

If the game is 'breaking down', look at whether or not it is doing so because of a lack of skill or understanding. If it is the former, be prepared to stop the game and use a more traditional skill or technique based approach to get the basic skill level to a point where the game can re-commence. If it is the latter, stop the game, check player understanding through the use of questions, make modifications where necessary and then re-commence play.

As much as possible keep team or group numbers low so that all players have maximum opportunity to be active, rather than standing and waiting for their turn. Endeavour to create a 'game' or 'challenge' environment as this is what will help deliver the experience that participants crave and enjoy.

DISABILITY INCLUSION

Basketball Australia's motto is 'everyone's game'. As an accessible and inclusive sport we pride ourselves on our ability to provide opportunities for everyone. When integrating children with a disability into Aussie Hoops sessions coaches should:

- Ask and gain an understanding of the child's capabilities;
- Never isolate the child;
- Promote social inclusion;
- Encourage parent/carer participation;
- Build their confidence and self-esteem;
- Modify activities to suit; and
- Involve the child in all activities.



RISK MANAGEMENT

Like the Local Centre Coordinator, the responsibility of the coach to be aware of and manage risk is very important. As a local centre leader the coach should conduct the venue inspection checklist (VIC) prior to every session delivery. The VIC, provided to all local centres as a resource to support safety, will often assist in injury prevention and increased safety. In company to the VIC, coaches should also consider the following.

RISK CONSIDERATIONS	REDUCING THE RISK
Collisions	<ul style="list-style-type: none">• Educate participants on the importance of looking up when running to avoid collisions.• If a collision occurs stop the game immediately to eliminate further risk.
Spacing	<ul style="list-style-type: none">• Always utilise the whole space.• Encourage distance to reduce collisions, interference and interruption.
Passing games	<ul style="list-style-type: none">• Educate participants on the importance of being ready to catch a pass.• Encourage peripheral vision and attentiveness.
Other facility users	<ul style="list-style-type: none">• Identify and educate participants on their surroundings and other programs being delivered at the same time as your Aussie Hoops session.• Promote safety and educate participants on best practice ball retrieval and interruption to other facility users.
Leaving the session	<ul style="list-style-type: none">• Define the rules for participants who wish to temporarily leave the session (i.e. toilet usage).• Encourage parental guidance or the buddy system.• The participant is the coaches' responsibility during session delivery, on and off the court.

PARTICIPANT BODY MANAGEMENT

Coaches are leaders and educators. It is important for coaches to promote best practice body management through the three typical phases of exercise: warming up, stretching and warming down. This education provides participants with the base knowledge of effective body management and its importance.

Warming up

Warming up prepares participants for the session. Warm up drills can be with or without the ball and should progress in a staged manner to increase physical and mental efforts. The purpose of warming up is to:

- Increase muscle temperature and blood flow to working muscles;
- Increase heart and respiratory rates;
- Activate the aerobic energy system;
- Stimulate the Central Nervous System (motor pattern rehearsal);
- Assist mental preparation; and
- Contribute to injury prevention (through increased tissue compliance).

Stretching

Stretching improves flexibility to muscles and joints while exercising, which in turn assists with injury prevention. Stretching should take place after a warm up has been conducted. The purpose of stretching is to:

- Improve muscle balance and capability;
- Prevent injury; and
- Increase blood and nutrient supply to muscles and cartilage.

Warming Down

Warming down is the process of progressively reducing the physical intensity of the session finishing with stretching. At the Aussie Hoops program level warming down is not critical but can be emphasised by coaches should they wish to and have time to.

SKILLS FOCUS

The Aussie Hoops Program allows a coach to demonstrate the basic skills of Basketball and allows a child to develop these skills in order to get the most out of the sport. A skills focus is paramount to the program and it is important that Aussie Hoops participants work on these skills to effectively develop and enjoy their basketball experience. Basketball's seven fundamental skills as recognised in the national Basketball coaching curriculum are:

1. Ball handling
2. Dribbling
3. Passing
4. Catching
5. Shooting
6. Body movement and footwork
7. Defence



BALL HANDLING

All players should feel comfortable holding the ball. This is achieved through handling the ball as much as possible. When handling the ball keep it off the palms of the hand and on the fingers ensuring fingers are spread for better ball control. Confident ball handling greatly assists dribbling, passing, catching and shooting.



DRIBBLING

Dribbling is bouncing the ball on the floor repeatedly. A player may dribble the ball with either hand and can change hands but cannot dribble with both hands at the same time. Once a player stops dribbling they must pass or shoot – they cannot dribble again. The purpose of dribbling is to advance the ball to the offensive end when a pass is not possible or to improve an opportunity for passing or shooting.



PASSING

The purpose of passing is to advance the ball up the floor as quickly as possible to achieve better court positioning and improved shooting positions. There are a variety of different passing techniques based on the ball carriers desires and court position. These include, chest passes, push passes, bounce passes, lob passes, overhead passes, baseball passes and curl passes.



CATCHING

Catching is a basic motor skill typically developed by children at an early age. With reference to a basketball the basic skill requires both arms and hands to be extended forward and all fingers spread to grip the ball whilst watching it all the way into the hands. Practice and repetition is advised.



SHOOTING

Shooting is the most significant basic skill of the sport which all players of all ages and standards should be skilled in. Shooting techniques always differ and often require technical advice to maximise efficiency. Players also have little understanding of the basic principles that are necessary to improve and develop shooting when inevitably practicing by themselves. This driving imperative means that how to best teach shooting as a skill should be understood by coaches. Shooting is also a vital skill in the Aussie Hoops program as many participants see scoring as the fun part of the game. Refer to the Aussie Hoops session cards for richer shooting content for coaches.



BODY MOVEMENT AND FOOTWORK

Good movement and footwork is essential to developing best practice techniques. The correct execution of most skills in basketball starts with good footwork. Good movement and footwork eliminates turnovers through ‘travelling’ and ‘double dribbling’ while facilitating effective passing and catching, drives to the basket, rebounding opportunities and improved shooting techniques. Effective and efficient movement and footwork rapidly bridges the gap between good and outstanding basketballers. Footwork development and training is intended to provide the offensive player with proper balance, an established pivot foot and in the appropriate stance commonly known as “ready to play”. Offensively this is the “triple threat” position. Defensively, the same development and training encourages the participant to assume the staggered “boxer’s stance”.



DEFENCE

Defensive skills are typically developed with age maturation. In infancy defensive skills can be taught indirectly through maintaining a body position between the offensive player and the basket and reacting to the offensive player’s movement with the use of arms, hands and the body. Other focused defensive skills include rebounding, blocking, ‘Screen’ avoidance and zoning.

SESSIONS CARDS

At the end of this guide you will find an additional coaching resource: session cards for each stage of the program. These session cards have been developed by Basketball Australia and are aligned to the national coaching curriculum. In addition to their inclusion in this guide, each local centre also receives these session cards in a digital format so that coaches can print and utilise them on court.

While not entirely prescriptive, it is expected that all Aussie Hoops Coaches will deliver their sessions with these session cards in mind to ensure national coaching and delivery consistency.

Regardless of the staged program an Aussie Hoops session is delivered for between 45 and 75 minutes and has four fundamental components. How those 45 - 75 minutes are structured is dependent on the staged program and this can be seen below.



SESSION COMPONENT	TIME	ACTIVITY
1. Set up and warm up	5 minutes	Warm up games and activities
2. Games based activities	15 minutes	Skill drills to introduce and revise appropriate level skills
3. Drills to develop skills	30 minutes	Games which involve the skills that are being taught
4. Modified basketball game	10 minutes	A game of basketball with appropriately modified rules



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These resources have been designed to assist coaches and primary school teachers with little or no basketball experience as well as instilling a sense of confidence in program delivery across the country. Additionally, it allows parents to train and play with their children and focus on relevant skills outside of the program.

ACTIVITY PROGRESSION AND VARIATION

SESSION COMPONENT			
Copy Cat	Dominant hand – Three sets of four drills, 20 seconds each	Both hands – Three sets of six drills, 30 seconds each	Both Hands – Three sets of all ball handling drills, 30 seconds each
Layup Race	One set - first team finished	Three sets - first team finished	Five sets - first team finished
Piggy in Middle	One touch to change	Two touches to change	Three touches to change
3 Lane Passing	One ball - Three lanes	Two balls - Three lanes, make layup	Two balls - three lanes, up and back, make layup, change lanes
Pairs Passing – Movement	Two balls – two lanes, make layup	Two balls – four lanes, make layup, up and back	Outside lanes passing to each other and inside lanes passing to each other
Speed Circle	Three times around circle, most baskets wins	Four times around circle, most baskets wins	Five times around circle, most baskets wins
Lead and Pass	N/A	10 passes	20 passes
Pepper Passing	N/A	Two times through	Three times through
Pass Knockdown	N/A	First to score three knockdowns	First to score five knockdowns
Dribble Relay	N/A	Both hands - 3 sets	Dominant hand - 5 sets
Dribbling v Shooting Relay	Dribbling team dribbles from one baseline to the other and back again twice	Dribbling team dribbles from one baseline to the other and back again four times	Dribbling team dribbles from one baseline to the other and back again six times
Dribble Crossover	N/A	Dribbling team dribbles from baseline to half court, changes	Dribbling team dribbles from baseline to half court and back again, changes
Numbers	First to score 3 baskets	First to score 5 baskets	First to score 10 baskets
Numbers Shooting	First to score 3 baskets	First to score 5 baskets	First to score 10 baskets
3 Pass Shooting	N/A	Three passes - make seven baskets each side or first to seven	Three passes - make ten baskets each side or first to ten
Seven	N/A	First team to five points	First team to seven points
'21'	N/A	Top of key, keyway, layup	3pt line, keyway, layup
Rob the Nest	N/A	1-2 minutes	3-5 minutes
Golden Child	First to score three baskets	First to score five baskets	First to score seven baskets
Sideline Basketball	3 v 3	4 v 4	5 v 5

GLOSSARY OF BASKETBALL TERMS

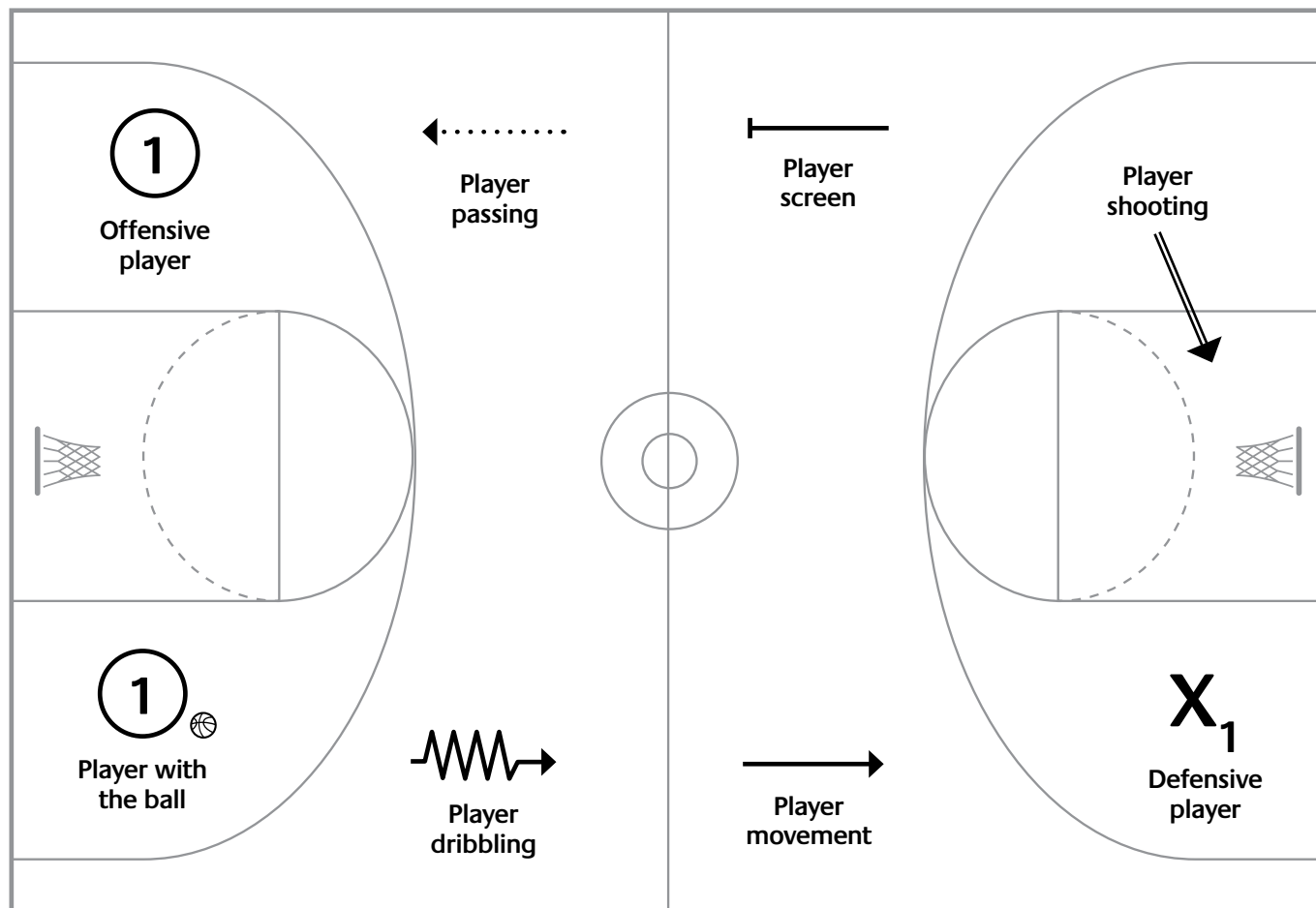
TERM	DESCRIPTION
Backboard	The rectangular board from which the basketball ring is suspended.
Baseline	The out of bounds line behind the backboard at each end of the court.
Baseball Pass	A long one handed pass thrown with the same method used to throw a baseball.
Basket	The goal. The basket has a hoop (metal ring) with a net hanging from it. The hoop is attached to a backboard 3.05m above the court surface.
Bounce Pass	A pass in which the ball is bounced once between the passer and the receiver.
Box Out	When a player turns or pivots into the path of another player who is attempting to rebound the ball.
Centre Circle	The circle in the middle of the basketball court.
Chest Pass	A two handed pass that is thrown from the chest.
Coach	The team's leader. The coach educates and develops players, determines player positions and applies strategy and plans for games.
Court	The playing area for basketball. The court is 28 metres long and 15 metres wide.
Defence	The act of retrieving the ball from the opposition or making it harder for the opposition to score.
Dribbling	Bouncing the ball with one hand. Either hand can be used but not both at the same time.
Fake	A misdirection ploy using body language and the ball to fool the opponent.
Field Goal	A shot that goes into the basket is a field goal except for free throws.
Forward	A playing position. There are two forwards on a team. Power Forward and Small Forward. These players are typically tall and powerful.
Foul	The act of illegally interfering with an opponent during play. Personal fouls and team fouls exist.
Free Throw	After being fouled by an opponent, a player gets one or more free throws from the free throw line.
Free Throw Line	A line on the court 5.8 meters from the baseline by which free throws are taken from.
Guard (Position)	A playing position. There are two guards on a team. Point Guard and Shooting Guard. These players are typically smaller and faster players who handle the ball well.
Guard (Defend)	An act of defence.
High Percentage Shot	A shot with a low degree of difficulty.
Inbound Pass	A pass made from outside the court of play to recommence the game.
Jump Ball	Used to commence play at the start of the game. The basketball is tossed into the air between two players by the referee and they jump to tip the ball to a teammate for possession.
Jump Stop	When a player stops by landing with two feet hitting the floor simultaneously. The player can then choose which foot to pivot on.
Lay Up	A type of basketball shot using the backboard as an aid to place the ball in the ring. A lay-up occurs when a player is near the ring and is generally considered a high percentage shot.
Low Percentage Shot	A shot with a high degree of difficulty.
Mid Court (Halfway) Line	The line that divides the court into two halves.
Offence	When your team has the ball you are playing offence.

TERM	DESCRIPTION
Officials	The referees, score table officials and statisticians.
Out of Bounds	Outside the court of play.
Overhead Pass	A pass thrown from above the head with one or two hands.
Pass	One player throwing the ball to another player.
Personal Foul	The act of illegally interfering with an opponent during play. Each player can only foul personally five times in a game before being disqualified from further involvement in that game.
Pivot	When a player turns or pivots on one foot in order to change direction. The foot that they turn on is called the pivot foot. They can pivot in a forward direction (chest leading) or a reverse direction (back leading).
'Man on Man' Defence	A defensive strategy in which each defender guards a certain offensive player by standing as close to them as possible.
Possession	When a player has the ball in their hands they are in possession. A team is in possession when one of its players has the ball in their hands.
Rebound	When a shot hits the hoop or backboard and misses the basket players will compete to catch it. This is a rebound. Rebounds can be offensive or defensive.
Referee	An official who makes sure that the rules of the game are followed.
Shot	A type of shot attempting to get the basketball in the ring (jump shot, three point shot, trick shot, corner shot).
Shoot	To shoot the basketball at the basket in an attempt to get it in the ring (entering from the top only).
Sideline	There are two sidelines, one on each side of the court.
Square Up	When a player turns their body toward the basket after catching the ball.
Stride Stop	When a player lands with a stride action, one foot touching the ground before the other. The first foot becomes the player's pivot foot.
Substitution	Interchanging of players from off court (substitute) with those on court (player). This is done during breaks in play.
Team Foul	Any personal foul becomes a team foul. If your team incurs more than 4 teams fouls per quarter the opposition shoots foul shots on any further fouls in that quarter.
Team Manager	The person responsible for looking after the players off court requirements and game day requirements. Not related to coaching.
Travelling	When a player walks or runs with the ball without dribbling. This is a foul.
Triple Threat Position	A stance that gives the offensive player the option to shoot, pass or dribble the ball.
Turn Over	Any error or foul that gives the ball to another team.
Violation	When a rule is broken.



BASKETBALL TERMINOLOGY AND LEGEND

Coaching diagrams can be difficult to comprehend, however, by learning a few basic symbols it can be easy for new coaches to understand complex drills. This legend will assist your development as an Aussie Hoops coach.



Offensive Players	Offensive players are represented by circles containing numbers corresponding to the basic five player positions. 1 = Point Guard, 2 = Shooting or Off Guard, 3 = Small Forward, 4 = Power Forward, 5 = Post or Centre
Defensive Players	Defensive players are represented by "X"s with sub or superscript numbers corresponding to the basic five player positions. X_1 = Point Guard, X_2 = Shooting or Off Guard, X_3 = Small Forward, X_4 = Power Forward, X_5 = Post or Centre
Player with Ball	The symbol of a basketball indicates the player who starts with ball possession.
Player Dribbling	Zig Zag lines represent the path of the player that is dribbling the basketball. The arrow head indicates the direction of movement.
Player Passing	A dotted black line is used to signify a pass. The arrow head shows its direction.
Player Shooting	A shot or field goal attempt at the basket is indicated by two solid black lines with an arrow head.
Player Movement	Both offensively and defensively, player movement is indicated by solid lines. The arrow head indicates the direction of movement.
Player Screen	A short perpendicular line at the end of a player's movement line represents a screen or pick.



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