

# WEEK 1 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### COPY CAT

#### Activity Setup

- Participants find a space in the half court where they can see the Coach.
- Coach demonstrates the following ball handling skills:
  - Finger tips
  - Head wraps
  - Wrap arounds
  - Single/double
- These are copied by the participants.

### TEACHING POINT

#### Stance

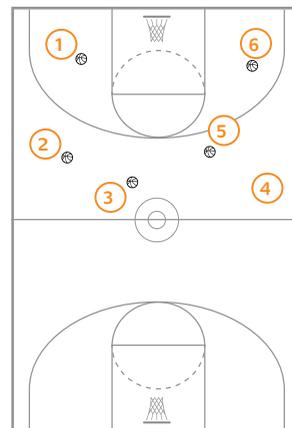
- Good balance, knees bent, comfortable, back straight, wide stance.

#### Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger “pads”.
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES



## DRILLS TO DEVELOP SKILLS

### INTRODUCTION TO DRIBBLING

#### Activity Setup

- Coach stands in centre circle and participants gather around as per diagram.
- Participants begin to dribble on the spot.
- Coach calls out “change” and participants must change to other dribbling hand and continue dribbling on the spot.
- Coach calls out “change and go” and participants must then change hands again and begin to dribble around the circle clockwise.
- Coach calls out “change” and participants must change dribbling hands whilst moving.
- Promote speed dribbling, protection dribbling and crossover dribbling.
- Repeat as desired.

### TEACHING POINT

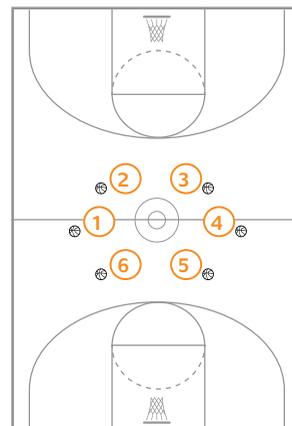
#### Stance

- Good balance, knees bent, comfortable, back straight, wide stance.

#### Hand Position

- Dribble above knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than “patting” the ball.
- Dribble with left and right hands and keep the head and eyes up.

### TIME – 10 MINUTES



### 3 LANE PASSING

#### Activity Setup

- Begin with one ball per pair and progress to two.
- Have players form groups of three and run the lanes of the court passing one ball.
- Each group can take one layup at each end.

### TEACHING POINT

#### Defensive Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

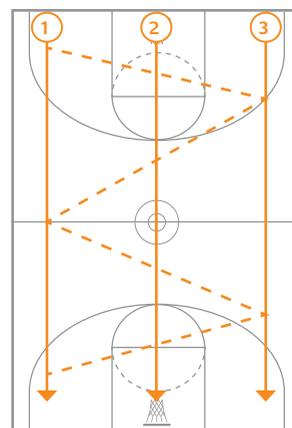
#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.

### TIME – 10 MINUTES



- Follow through - Point your fingers towards the target and your thumbs to the ground.



# GAME BASED ACTIVITY

## NUMBERS

### Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a player in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first player to score a basket scores a point for their team.
- Set a time or a “first to” score.
- The team with the most points wins.



## TEACHING POINT

### Dribbling Stance

- Good balance, knees bent, comfortable, back straight, wide stance.

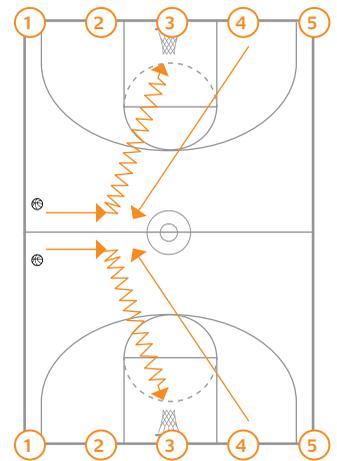
### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### Shooting lay-ups

- Ball off the palm, fingers spread to cradle the ball.
- Shoot layup off opposite foot.
- Underhand layup – roll ball off fingertips in an upwards movement.
- Aim for corner of shooting square.
- Overhand layup - Push elbow “up” through the middle of the ball.
- Follow through.

## TIME – 15 MINUTES

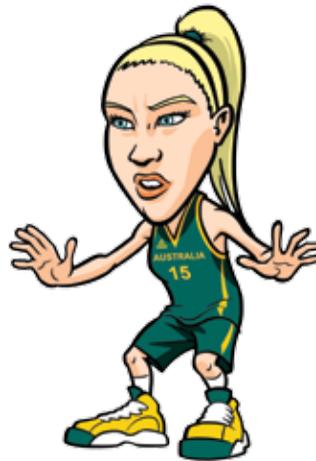


# MODIFIED GAME

## GOLDEN CHILD

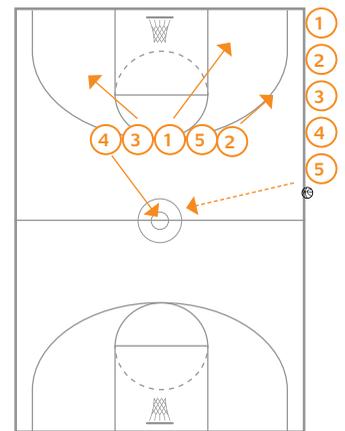
### Activity Setup

- Similar to “Roller Ball”.
- Fielding team lines up on the free throw line.
- Running team lines up on sideline.
- Each participant 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 participant rolls (underarm) the ball into the playing area and then runs around the perimeter of the half court.
- The ball must initially bounce in the playing area.
- As the ball is rolled, the coach will call out a number from the fielding team which creates the shooter.
- The shooter fields the rolling ball and must attempt to shoot a basket before the runner makes it back to home.



## TEACHING POINT

## TIME – 20 MINUTES



Basic warm down encouraged.

# WEEK 2 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### LINE TAG

#### Activity Setup

- 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".

### TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES

## GAMES BASED ACTIVITY

### RED LIGHT - GREEN LIGHT

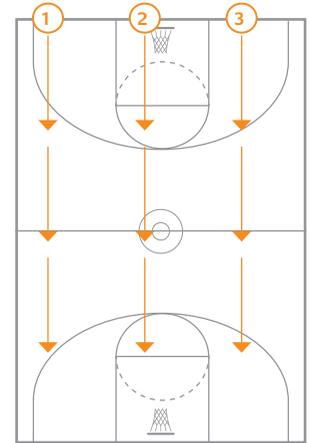
#### Activity Setup

- Participants line up on the baseline.
- Coach says "Green Light" and participants start jogging.
- Coach says "Red Light" and participants stop using a jump stop or stride stop into the basketball "Ready" position.

### TEACHING POINT

- Balance – nose behind toes.
- Wide base of support.
- "Sit" into stopping position.
- Weight on the balls of your feet.
- Triple threat position.
- Change of direction.
- Change of pace.
- Jump stop and stride stops.
- Forward and reverse pivoting.

### TIME – 10 MINUTES



## DRILL TO DEVELOP SKILLS

### PIGGY IN THE MIDDLE

#### Activity Setup

- Form groups of four with a passer, receiver, defender and gopher.
- 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 has a spare ball and will pass this to the passers and retrieve the deflected ball.
- Each defender stays in for 30 seconds to a minute.

### TEACHING POINT

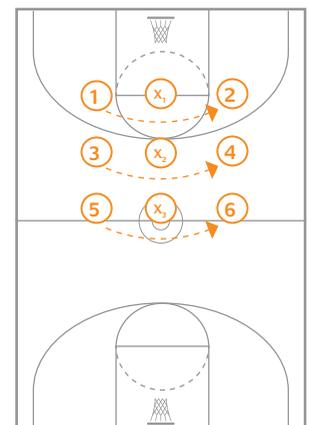
#### Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

#### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- "Snap" your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- "Fake Pass" to "Make Pass".
- Pass away from the defence.

### TIME – 10 MINUTES



# GAME BASED ACTIVITY

## ONE HAND SHOOTING

## TEACHING POINT

TIME – 15 MINUTES

### Activity Setup

- Participants start one metre from basket.
- Shooting with the correct technique (one hand under the ball and support hand on side).
- Make successive shots and move to next marker.
- Once progressed through whole station participants begin again but take support hand off ball and shoot one handed.

**Variation:** Move markers so distance from hoop is greater or more challenging.

### Stance

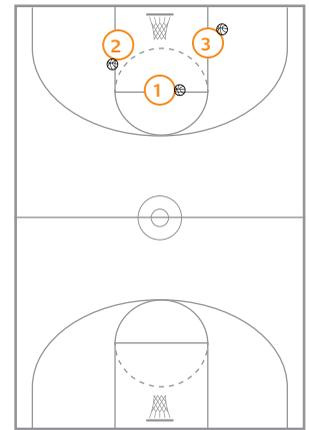
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

### Position of Elbow

- Pointing at ring.
- Elbow under the ball.

### Shooting grip

- 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 the legs.



# MODIFIED GAME

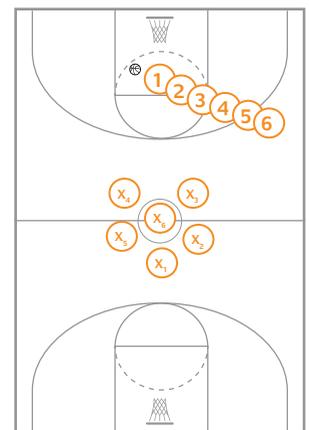
## SPEED CIRCLE

## TEACHING POINT

TIME – 20 MINUTES

### Activity Setup

- Teams line up at the designated shooting spot and at centre circle.
- Team at the centre circle passes to centre man and back until they have been around the circle 3 times and all players have been involved.
- At the same time the shooting team takes shots one after the other until the circle team has completed their circuit.
- Teams swap over and team with most made baskets wins.



Basic warm down encouraged.

# WEEK 3 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### SIMON SAYS

#### Activity Setup

- Anything “Simon Says” must be attempted by the group.

### TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES

## GAME BASED ACTIVITY

### CIRCLE TAG

#### Activity Setup

- In groups of five, three participants join hands to make a circle.
- One participant in the middle of the circle is nominated to be chased.
- The fifth participant is the tagger, who will chase the nominated participant.
- The participants in the circle will move the circle left and right to protect the nominated participant from the tagger.

### TEACHING POINT

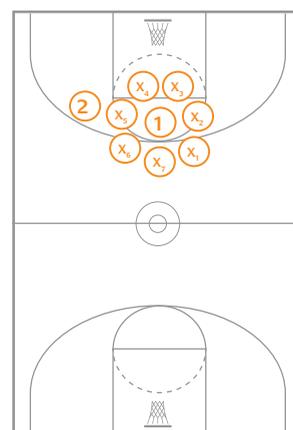
#### Dribbling Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### TIME – 10 MINUTES



## DRILL TO DEVELOP SKILLS

### NUMBERS

#### Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a participant in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first participant to score a basket scores a point for their team.
- Set a time or a “first to” score.
- The team with the most points wins.



### TEACHING POINT

#### Dribbling Stance

- Good balance, knees bent, comfortable, back straight, wide stance.

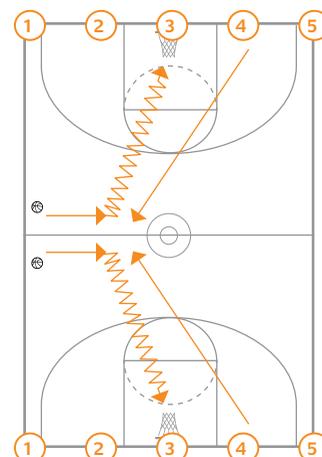
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- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Lay-ups

- Lift one knee (from right, lift right knee – from left, lift left knee) and shoot.
- Shooting right handed - step and jump off left foot.
- Shooting left handed – step and jump off right foot.
- Off the dribble – catch the ball as foot lands at the key-line.

### TIME – 10 MINUTES



# GAME BASED ACTIVITY

## LAYUP RACE

### Activity Setup

- In even groups, lined up on the baseline.
- First participant in each group dribbles to the opposite end and shoots until they score the basket.
- They dribble back to their team, jump stop at the foul line and pass to the next participant.
- Continue through the team.
- First team finished wins.
- Increase the difficulty by making participants dribble and shoot with their right and left hand.



## TEACHING POINT

### Dribbling Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

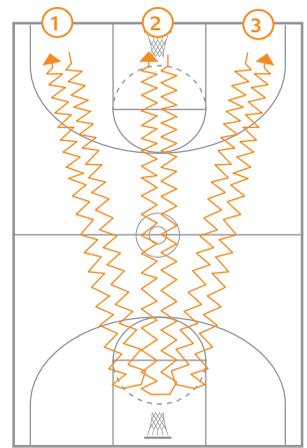
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### Layups

- Lift one knee (from right, lift right knee – from left, lift left knee) and shoot.
- Shooting right handed - step and jump off left foot.
- Shooting left handed – step and jump off right foot.
- Off the dribble – catch the ball as foot lands at the key-line.

## TIME – 15 MINUTES



# MODIFIED GAME

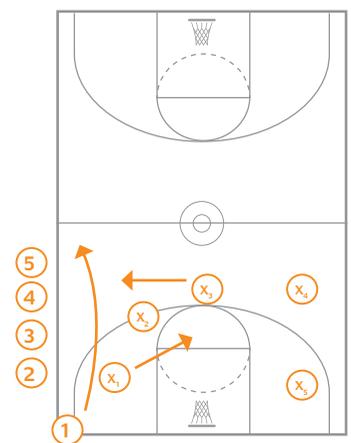
## ROLLERBALL

### Activity Setup

- Two teams – a running team and a fielding team.
- Each participant is given a number.
- Each member of the running team is given the opportunity to score a run.
- A runner rolls (underarm) the ball into the playing area.
- The ball must initially bounce in the playing area.
- As the ball is rolled, 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 four corners of the half court) and get home.
- If a basket is scored before the runner gets home, the player is out.
- Three outs and the teams change position.
- 1 run is scored if the player reaches home.
- The game can be played for a length of time, number of innings or first to a target score.

## TEACHING POINT

## TIME – 20 MINUTES



Basic warm down encouraged.

# WEEK 4 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### OBSTACLE COURSE RELAY

### TEACHING POINT

TIME – 5 MINUTES

#### Activity Setup

- In even groups on the baseline
- Set up a number of obstacles down the length of the court
- In turn participants run through the obstacles performing the skills set by the coach.

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

## GAME BASED ACTIVITIES

### SLALOM DRIBBLE RELAY

### TEACHING POINT

TIME – 10 MINUTES

#### Activity Setup

- Place four or more markers 2 meters apart as per diagram.
- Form two groups.
- Participants must dribble the ball while weaving through the cones.

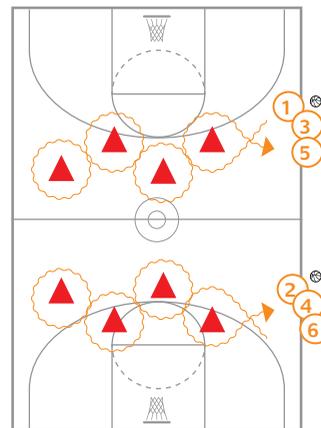
**Variation:** Change hands at each marker to increase difficulty.

#### Dribbling Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.



### COPY CAT

### TEACHING POINT

TIME – 15 MINUTES

#### Activity Setup

- Participants find a space in the half court where they can see the Coach.
- Coach demonstrates a skill and participants copy.

#### Ball handling skills

- Finger tips
- Head wraps
- Wrap arounds
- Single/double

#### Combination knee wraps

- Around the world
- Figure 8
- Blurr
- Stationary dribbling

#### Left and right combinations

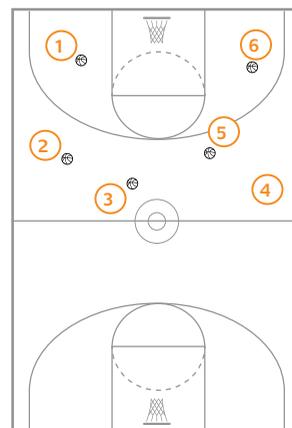
- Standing, kneeling, sitting & lying down
- Stationary dribbling

#### Dribbling Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.



# DRILL TO DEVELOP SKILLS

## 3 LANE PASSING

### Activity Setup

- Begin with one ball per pair and progress to two.
- Have players form groups of three and run the lanes of the court passing one ball.
- Each group can take one layup at each end.



## TEACHING POINT

### Defensive Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

### Dribbling Hand Position

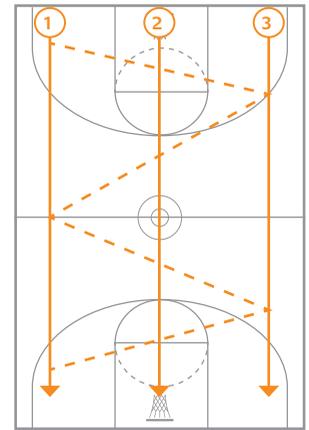
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- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.

Follow through - Point your fingers towards the target and your thumbs to the ground.

## TIME – 10 MINUTES



# MODIFIED GAME

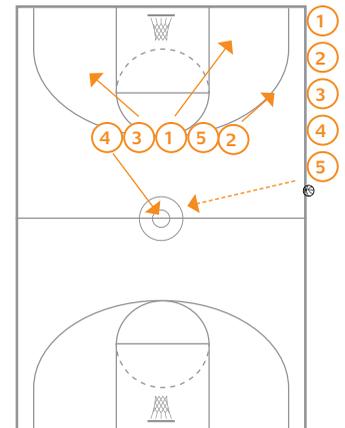
## GOLDEN CHILD

### Activity Setup

- Similar to “Roller Ball”.
- Fielding team lines up on the free throw line.
- Running team lines up on sideline.
- Each participant 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 participant rolls (underarm) the ball into the playing area and then runs around the perimeter of the half court.
- The ball must initially bounce in the playing area.
- As the ball is rolled, the coach will call out a number from the fielding team which creates the shooter.
- The shooter fields the rolling ball and must attempt to shoot a basket before the runner makes it back to home.

## TEACHING POINT

## TIME – 20 MINUTES



Basic warm down encouraged.

# WEEK 5 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### FREEZE

#### Activity Setup

- Set a boundary using the court markings (e.g. – half court).
- Participants must run everywhere in the court, avoiding others by using change of direction footwork.
- Coach calls “freeze” and everyone must stop, using a stride or jump stop.
- On “go” participants begin to run again.
- Increase the difficulty by reducing the area participants have to move in.

### TEACHING POINT

Warm-up should cover the 3 P’s:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES

## GAME BASED ACTIVITY

### DRIBBLING V SHOOTING RELAY

#### Activity Setup

- Participants are divided into two groups, a dribbling group and a shooting group.
- Each participant in the dribbling team dribbles from one baseline to the other and back again twice.
- At the same time, the shooting team makes as many layups as they can in the time it takes the dribbling team 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.

**Variation:** Add dribble types – speed, protection, crossover dribbling to increase challenge.

### TEACHING POINT

#### Dribbling Stance

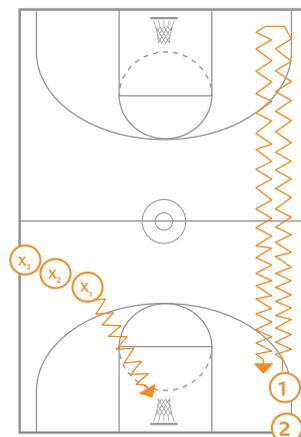
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Shooting Grip

- 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 the legs.



## DRILL TO DEVELOP SKILLS

### PARTNER PASSING

#### Activity Setup

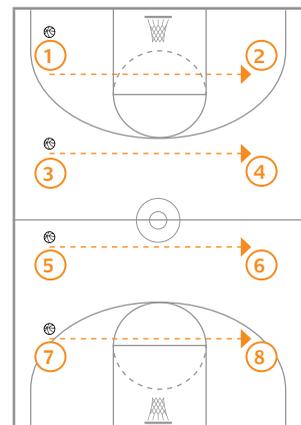
- Participants stand approximately 2 metres apart, facing each other.
- Participants perform:
  - Chest pass
  - Bounce pass
  - Push pass (left & right)
- Perform each type of pass for one minute.
- Challenge – Number of passes without dropping the ball.

**Variation:** Add passing types – chest, bounce and push passes.

### TEACHING POINT

#### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.



# GAME BASED ACTIVITY

## NUMBERS

### Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a participant in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first participant to score a basket scores a point for their team.
- Set a time or a "first to" score.
- The team with the most points wins.

## TEACHING POINT

### Dribbling Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

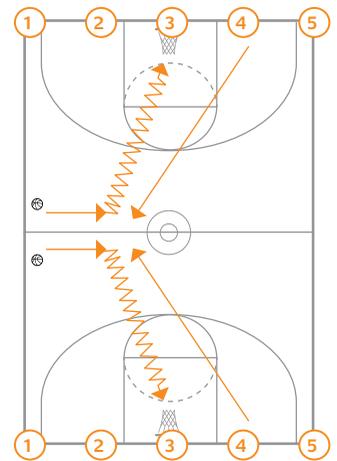
### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### Lay-ups

- Lift one knee (from right, lift right knee – from left, lift left knee) and shoot.
- Shooting right handed - step and jump off left foot.
- Shooting left handed – step and jump off right foot.
- Off the dribble – catch the ball as foot lands at the key-line.

## TIME – 15 MINUTES



# MODIFIED GAME

## NUMBERS SHOOTING

### Activity Setup

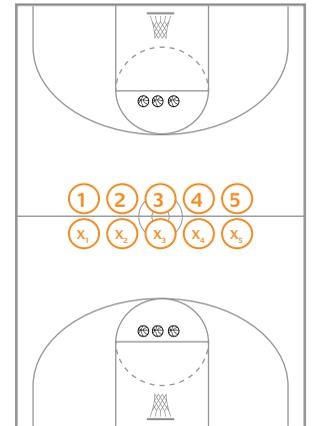
- Two teams line up at half court facing the baskets.
- Participants are given a number.
- Coach calls a number and that player runs to designated shooting spot and takes a shot, rebounds and places ball back on the spot.
- Can play with multiple balls.
- First team to required score wins.

## TEACHING POINT

### Shooting

- "Nose behind toes" and head in the middle of the 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 the legs.

## TIME – 15 MINUTES



Basic warm down encouraged.



# WEEK 6 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### SLAPPERS

### TEACHING POINT

TIME – 5 MINUTES

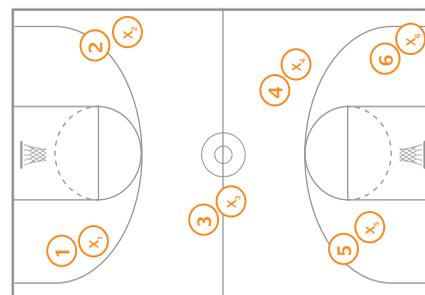
#### Activity Setup

- Participants in pairs.
- Each participant tries to “slap” their partner behind the knee.
  - Modification
- Prepare by putting hands on their partners shoulders.
- Each participant tries to step lightly on their partner’s toes.

Warm-up should cover the 3 P’s:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.



## GAME BASED ACTIVITY

### PAIRS PASSING - MOVEMENT

### TEACHING POINT

TIME – 10 MINUTES

#### Activity Setup

- Begin with one ball per pair.
- Have participants form pairs and run the lanes of the court passing the ball between each other whilst dribbling as/if required.
- Advanced drill: have outside lanes passing to each other and inside lanes pass to each and change over lanes after the circuit is completed once.



#### Dribbling Stance

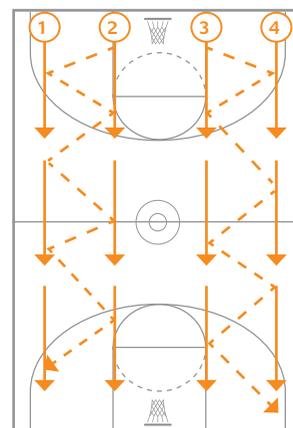
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.



## DRILLS TO DEVELOP SKILLS

### FORM SHOOTING

### TEACHING POINT

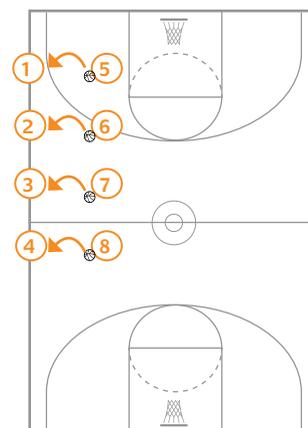
TIME – 10 MINUTES

#### Activity Setup

- Line up participants opposite each other.
- Participants ‘shoot’ ball to each other with technical emphasis (Set, Load and Shoot).
  - a) Hand on ball on thigh.
  - b) Set - bring ball to shooting position (wrinkle in wrist).
  - c) Load - bring ball to shoulder and elbow to eye level - Keep ‘U shape’ (3 sides of a square).
  - d) Shoot - with knees flexed rise to tip toes releasing the ball with follow through. (“Reach into the cookie jar”).

#### Dribbling Stance

- “Nose behind toes” and head in the middle of the 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 the legs.



## SPEED CIRCLE

### Activity Setup

- Teams line up at designated shooting spot and at centre circle.
- Team at the centre circle passes to centre man and back until they have been around the circle 3 times and all players have been involved.
- At the same time the shooting team takes shots one after the other until the circle team has completed their circuit.
- Teams swap over and team with most made baskets win.

## TEACHING POINT

### Stance

- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

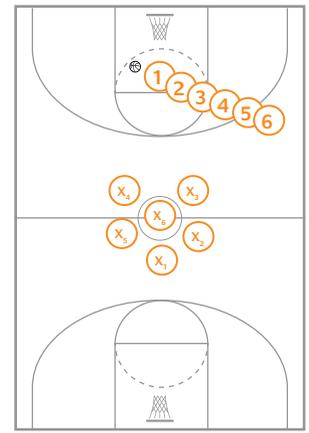
### Position of Elbow

- Pointing at ring.
- Elbow under the ball.

### Shooting Grip

- 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 the legs.

## TIME – 15 MINUTES



## MODIFIED GAME

### ELIMINATION

### Activity Setup

- Participants line up in designated shooting spot.
- If the participant in front makes their shot the immediate player behind has to also make their shot or is eliminated.
- If shot is missed participant behind can miss and stay in the game.



## TEACHING POINT

### Stance

- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

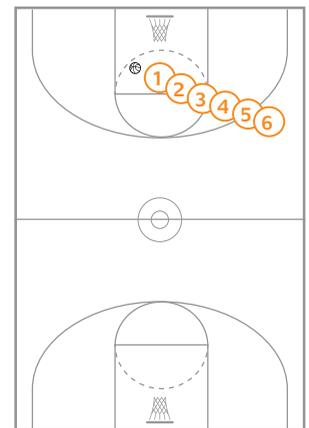
### Position of Elbow

- Pointing at ring.
- Elbow under the ball.

### Shooting Grip

- 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 the legs.

## TIME – 20 MINUTES



Basic warm down encouraged.

# WEEK 7 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### CAT & MOUSE

#### Activity Setup

- Participants form a circle and hold hands.
- Two are selected to be the Cat and the Mouse.
- The Cat starts standing outside the circle.
- The Cat must try to catch the Mouse.
- The other participants protect the Mouse by letting the Mouse pass under their arms but not the Cat.

### TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES



## DRILL TO DEVELOP SKILLS

### DRIBBLE KNOCKOUT

#### Activity Setup

- Set a playing area by using the court markings.
- All participants have a ball.
- Participants attempt to knock the ball away from their opponents while maintaining their own dribble.
- A participant is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds.
- As participants are eliminated, reduce the size of the playing area.
- The last two participants should be in one of the circles on the court.
- The last participant left is the winner.

### TEACHING POINT

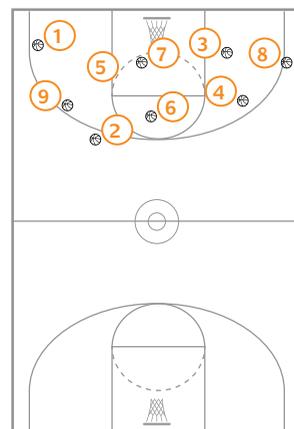
#### Dribbling Stance

- Stance: good balance, knees bent, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Promote protection dribble – turn back on opponents to create barrier.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### TIME – 10 MINUTES



## GAME BASED ACTIVITY

### NUMBERS

#### Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a player in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first player to score a basket scores a point for their team.
- Set a time or a “first to” score.
- The team with the most points wins.

### TEACHING POINT

#### Dribbling Stance

- Good balance, knees bent, comfortable, back straight, wide stance.

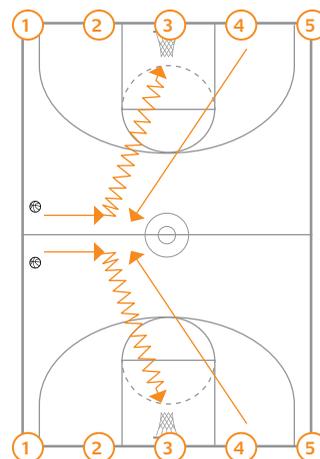
#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Shooting lay-ups

- Ball off the palm, fingers spread to cradle the ball.
- Shoot layup off opposite foot.
- Underhand layup – roll ball off fingertips in an upwards movement.
- Aim for corner of shooting square.
- Overhand layup - Push elbow “up” through the middle of the ball.

### TIME – 10 MINUTES



# DRILL TO DEVELOP SKILLS

## SPEED CIRCLE

## TEACHING POINT

TIME – 15 MINUTES

### Activity Setup

- Teams line up at designated shooting spot and at centre circle.
- Team at the centre circle passes to centre man and back until they have been around the circle 3 times and all players have been involved.
- At the same time the shooting team takes shots one after the other until the circle team has completed their circuit.
- Teams swap over and team with most made baskets win.

### Stance

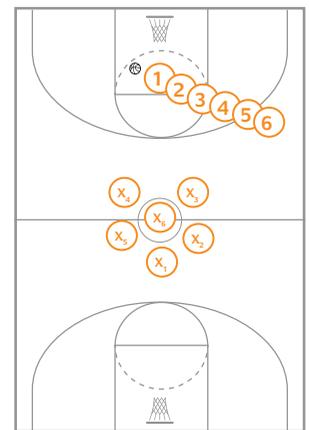
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

### Position of Elbow

- Pointing at ring.
- Elbow under the ball.

### Shooting Grip

- 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 the legs.



# MODIFIED GAME

## SIDELINE BASKETBALL

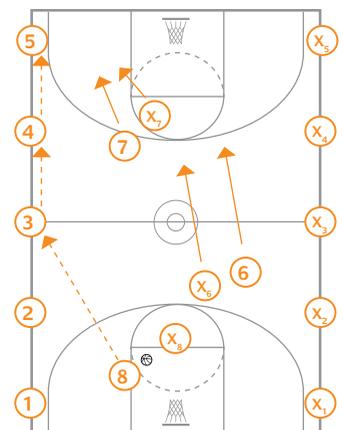
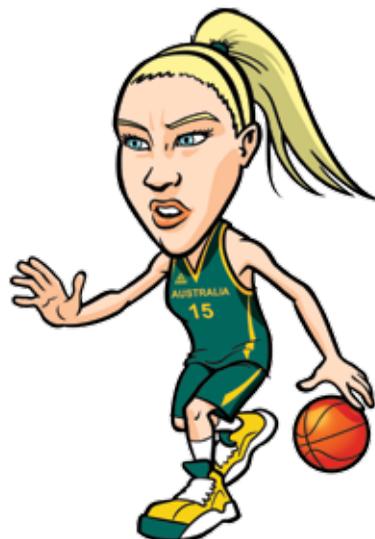
## TEACHING POINT

TIME – 20 MINUTES

### Activity Setup

- Divide participants into two equal teams.
- Three offensive and three defensive on the court.
- Each game starts with a jump ball.
- Participants spread out along the side of the court, each team having their own side.
- The sideline participants pass the ball down the line until the ball reaches the half court line.
- Once the ball reaches the half court line, a sideline participant passes the ball into their team waiting on the offensive side of the court.
- Participants pass between each other on the court and on the sideline.
- The object is to score a basket.

**Variations:** Allow or don't allow dribbling, add or reduce players.



Basic warm down encouraged.

# WEEK 8 SESSION CARD



## WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

## OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

## WARM UP & STRETCHING

### SLAPPERS

#### Activity Setup

- Participants in pairs.
- Each participant try's to "slap" their partner behind the knee.
  - Modification
- Prepare by putting hands on their partners shoulders.
- Each player try's to step lightly on their partner's toes.

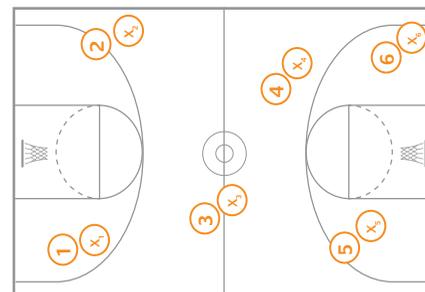
### TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

**Stretching:** Follow correct stretching techniques.

### TIME – 5 MINUTES



## GAME BASED ACTIVITIES

### COPY CAT

#### Activity Setup

- Participants find a space in the half court where they can see the Coach.
- Coach demonstrates a skill and participants copy.

#### Ball handling skills:

- Finger tips
- Head wraps
- Wrap arounds
- Single/double

#### Combination knee wraps:

- Around the world
- Figure 8
- Blurr
- Stationary dribbling

#### Left and right combinations:

- Standing, kneeling, sitting & lying down
- Stationary dribbling

### TEACHING POINT

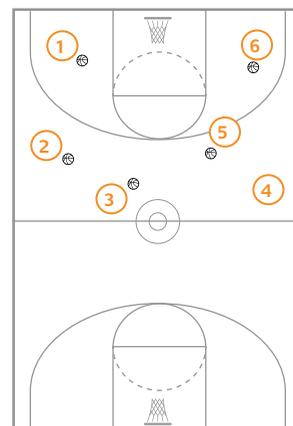
#### Dribbling Stance

- Good balance, knees bent, comfortable, back straight, wide stance.

#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### TIME – 10 MINUTES



### 3 LANE PASSING

#### Activity Setup

- Begin with one ball per pair and progress to two.
- Have players form groups of three and run the lanes of the court passing one ball.
- Each group can take one layup at each end.

#### Defensive Stance

- Good balance, knees bent, head up, comfortable, back straight, wide stance.

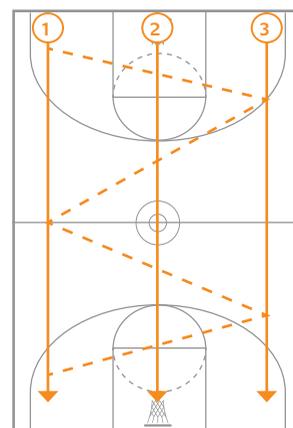
#### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

#### Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- "Snap" your wrists and fingers on release.

### TIME – 10 MINUTES



Follow through - Point your fingers towards the target and your thumbs to the ground.

# DRILL TO DEVELOP SKILLS

## DRIBBLING V SHOOTING RELAY

## TEACHING POINT

TIME – 15 MINUTES

### Activity Setup

- Participants are divided into two evenly matched groups, a dribbling group and a shooting group.
- Each participant in the dribbling team dribbles from one baseline to the other and back again, twice.
- At the same time, the shooting team makes as many layups as they can in the time it takes the dribbling team 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.

### Dribbling Stance

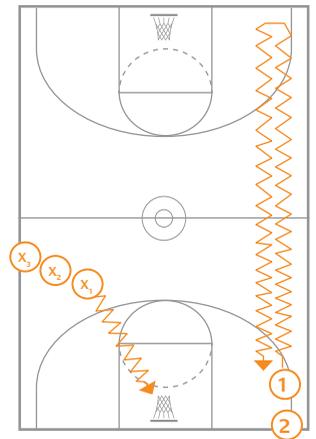
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

### Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

### Shooting Grip

- 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 the legs.



# MODIFIED GAME

## ELIMINATION

## TEACHING POINT

TIME – 20 MINUTES

### Activity Setup

- Participants line up in designated shooting spot.
- If the participant in front makes their shot the immediate player behind has to also make their shot or is eliminated.
- If shot is missed participant behind can miss and stay in the game.



### Stance

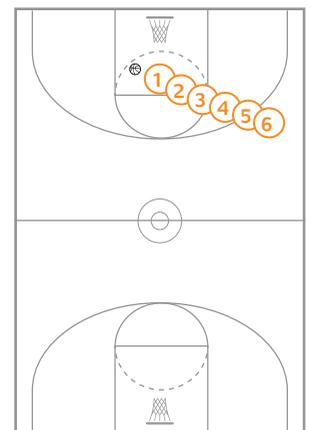
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

### Position of Elbow

- Pointing at ring.
- Elbow under the ball.

### Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
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Basic warm down encouraged.