

# 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

### SIMON SAYS

#### Drill Setup

- Anything “Simon Says” must be attempted by the group involved.
- Simons Commands:
  - “Bouncing the ball move left”.
  - “Standing on the spot, bounce with right hand”.
  - “Using both hands bounce through legs in a figure 8”.
  - “Bounce low to the ground”.

### 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



### 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.
- Repeat as desired.

### TEACHING POINT

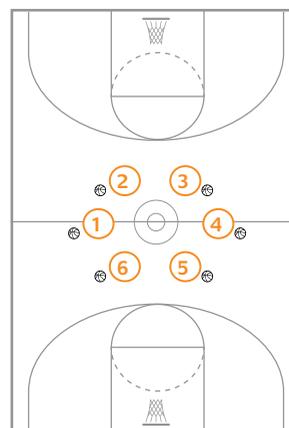
#### Stance

- 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 – 5 MINUTES



## GAME BASED ACTIVITY

### 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

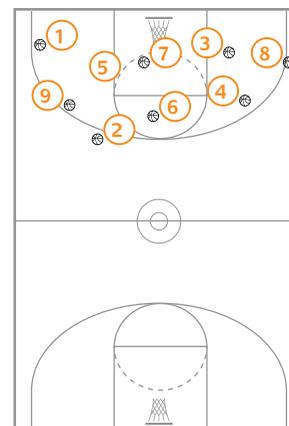
#### Dribbling Stance

- 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



# DRILLS TO DEVELOP SKILLS

## DRIBBLING V SHOOTING RELAY

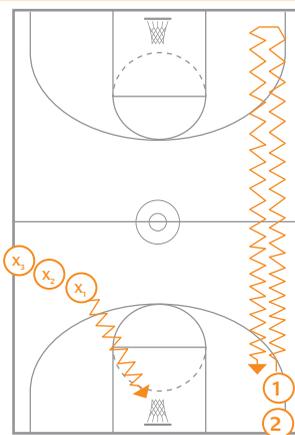
### Activity Setup:

- Participants are divided into two teams, a dribbling team and a shooting team.
- 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.

### TEACHING POINT

- Implement right and left side shooting and dribbling.
- “Off the dribble” have participants catch the ball as their foot (right foot for a right handed shot, left foot for left handed shot) lands at the key-line.
- Take one more step and then jump off that foot (jump off right foot for right handed shot, jump off left foot for left handed shot).

### TIME – 10 MINUTES



## 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.

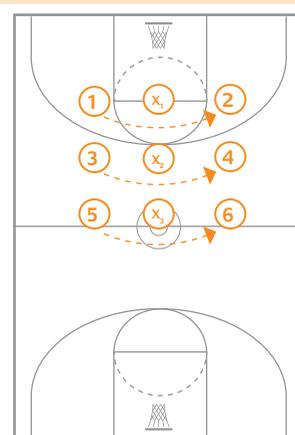
#### Dribbling Hand Position

- 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.

#### Reinforce passing techniques:

- Chest pass
- Bounce pass
- Push pass – right/left hand (stationary)
- Push pass – right/left hand (off dribble)

### TIME – 15 MINUTES



# MODIFIED GAME

## NUMBERS SHOOTING

### Activity Setup:

- Two teams line up at half court facing the baskets.
- Participants are all given a number.
- Coach calls a number and those participants run to the designated shooting spot and take shot, rebound it and then place the ball back on spot.
- Can play with multiple balls.
- First team to required score wins.

### TEACHING POINT

#### Footwork for shooting

The triple threat position provides a solid base for shooting because the participant already has proper balance to shoot, allowing the shot to be taken faster. To receive the ball from the right the participant catches and pivots on the left foot towards the basket, squaring up, knees flexed and without moving the feet, shoots the ball. In receiving the ball from the left the participant steps across and in front with the right foot, squares to the triple threat position and without moving either foot brings the ball up and shoots.

#### 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.

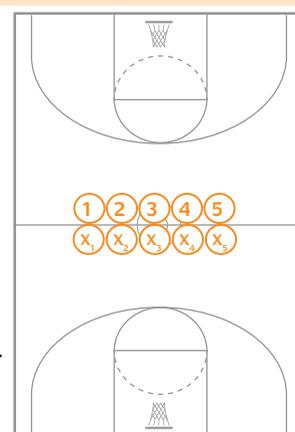
#### Position of Elbow

- 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



# 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

### TEACHING POINT

TIME – 5 MINUTES

#### Activity Setup:

- Participants stand on one of the lines of the court.
- Participants must run, staying on the lines and changing direction where the lines intersect.
- The person who is “it” must tag another participant who becomes “it”.

#### 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

### SLAPPERS

### TEACHING POINT

TIME – 5 MINUTES

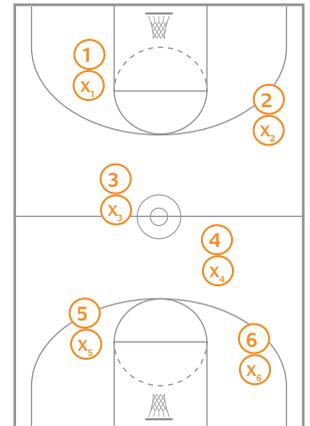
#### Activity Setup:

- 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.



### PEPPER PASSING

### TEACHING POINT

TIME – 5 MINUTES

#### Activity Setup:

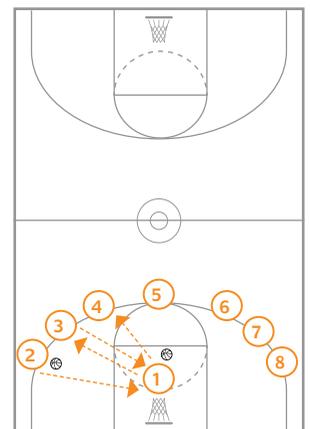
- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant’s names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

#### 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.
- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.
- Add in other elements such as a star jump for participant 1 in between passes to heighten challenge.



# DRILLS TO DEVELOP SKILLS

## ROB THE NEST

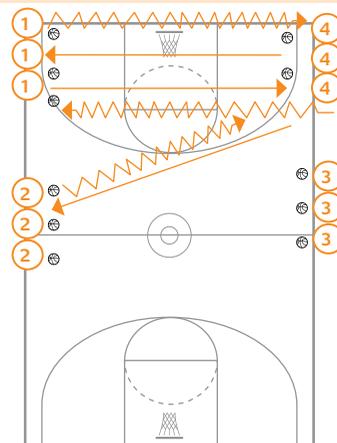
### Drill Setup:

- Four teams, one in each corner of the half court as per diagram.
- Each team has one hoop with three balls in it to begin.
- On “go” one participant from each team runs to rob another teams nest of one ball and dribbles it back to their own hoop.
- The participants take turns, only leaving their nest when the participant before them has placed the ball in their team’s hoop.
- The team with the most balls at the end of the game wins.
- Each game usually lasts 2 to 3 minutes.

### TEACHING POINT

- Promote speed dribbling.
- Promote peripheral vision when dribbling.
- Promote decision making under pressure.

### TIME – 15 MINUTES



## SPEED CIRCLE

### 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.

### TEACHING POINT

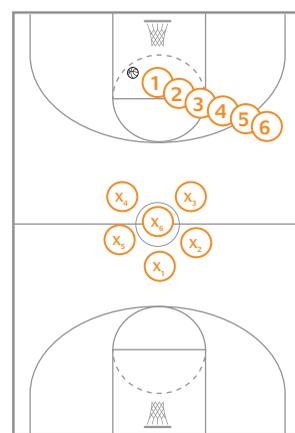
#### Passing:

- “Snap” your wrists and fingers on release.
- Point your fingers towards the target and your thumbs to the ground.
- “Fake Pass” to “Make Pass”.
- Pass away from the defence.

#### 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



# MODIFIED GAME

## SIDELINE BASKETBALL

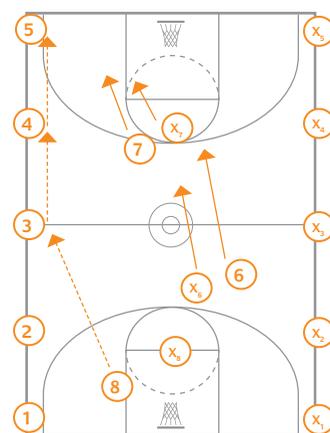
### Activity Setup:

- 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.

### TEACHING POINT



### TIME – 15 MINUTES



### Variations:

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

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

### STUCK IN THE MUD

#### Activity Setup:

- Set a playing area by using the court markings.
- Two participants are “it”.
- Others must avoid being tagged.
- When tagged they are “stuck in the mud”.
- Participants who are not “it” can release them by crawling through their legs.

### 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

### DIAMOND PASSING

#### Activity Setup:

- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant’s names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

#### Variations:

Introduce different pass types.

### TEACHING POINT

#### Stance

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

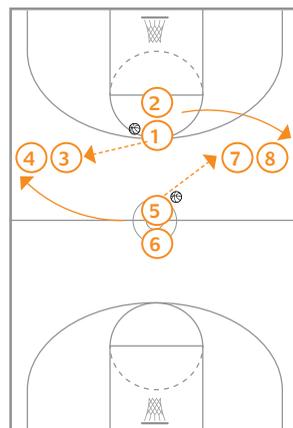
#### Passing

- 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.

#### Types of Passes

- Chest Pass
- Bounce Pass
- Push pass

### TIME – 10 MINUTES



### 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

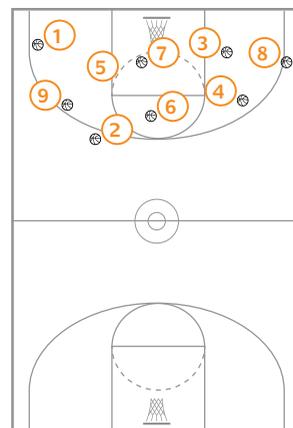
#### Dribbling Stance

- 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 – 15 MINUTES



# DRILL TO DEVELOP SKILLS

## 3 PASS SHOOTING

## TEACHING POINT

TIME – 15 MINUTES

### Activity Setup:

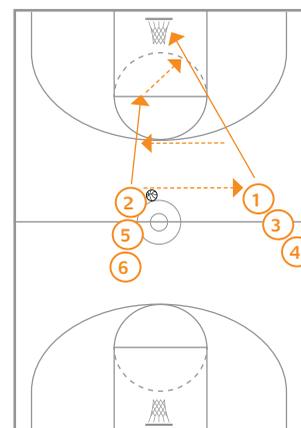
- Begin with one ball per pair and progress to two.
- Have participants form groups of three and run the lanes of the court passing one ball.
- Each group can take one layup at each end.

### Lay-up's:

- Promote the differing types of lay-up's:
  - a) Underhand lay up
  - b) Overhand lay up
  - c) Crossover step and lay-up left/right
  - d) Power lay-ups (two feet)

### Passing:

- Snap" your wrists and fingers on release.
- Point your fingers towards the target and your thumbs to the ground.
- "Fake Pass" to "Make Pass".
- Pass away from the defence.



# MODIFIED GAME

## ROB THE NEST

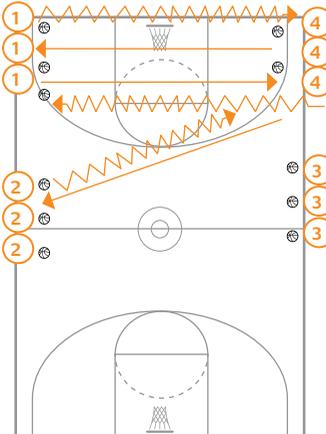
## TEACHING POINT

TIME – 15 MINUTES

### Drill Setup:

- Four teams, one in each corner of the half court as per diagram.
- Each team has one hoop with three balls in it to begin.
- On "go" one participant from each team runs to rob another teams nest of one ball and dribbles it back to their own hoop.
- The participants take turns, only leaving their nest when the participant before them has placed the ball in their team's hoop.
- The team with the most balls at the end of the game wins.
- Each game usually lasts 2 to 3 minutes.

- Promote speed dribbling.
- Promote peripheral vision when dribbling.
- Promote decision making under pressure.



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

### FREEZE

#### 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 – 10 MINUTES



## GAME BASED ACTIVITY

### FORM SHOOTING

#### Activity Setup:

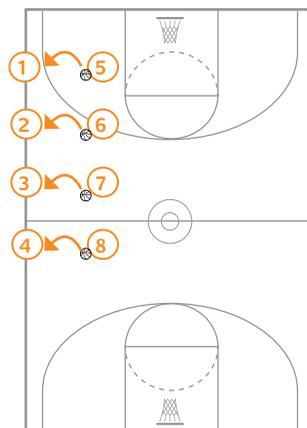
- Line up participants opposite each other.
  - Participants ‘shoot’ ball to each other with technical emphasis (Set, Load and Shoot).
- Hand on ball on thigh.
  - Set - bring ball to shooting position (wrinkle in wrist).
  - Load - bring ball to shoulder and elbow to eye level - keep ‘U shape’ (3 sides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

### 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 – 10 MINUTES



## DRILLS TO DEVELOP SKILLS

### PARTNER PASSING

#### Activity Setup:

- Participants stand approximately two 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.

### TEACHING POINT

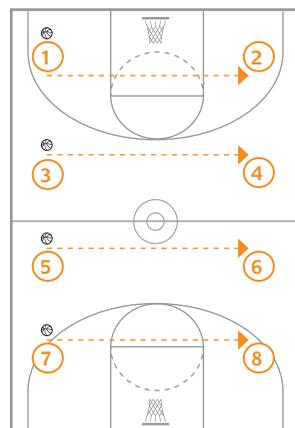
#### Passing

- 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.

### TIME – 10 MINUTES



**Activity Setup:**

- Begin with one ball per pair.
- Have participants form pairs and run the lanes of the court passing ball between each other.
- Advanced drill: have outside lanes passing to each other and inside lanes pass to each and change over lanes after circuit.



**Dribbling Stance**

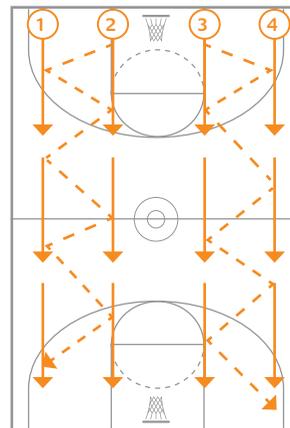
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

**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.



**MODIFIED GAME**

**‘21’**

TEACHING POINT

TIME – 20 MINUTES

**Activity Setup:**

- Time: First to reach ‘21’.
- Create two evenly matched teams.
- Participants line up at baskets.
- Participants take a shot from the 3 point line and rebound, dribble outside the key and take another shot, rebound and attempt a lay-up.
- Participants score 3pts for a made 3 point shot, 2 points for a shot outside the keyway and 1 point for a lay-up = total of 6 points if all shots made.
- When completed the next participant takes the same shots.
- Activity continues until one team scores 21.

**Stance**

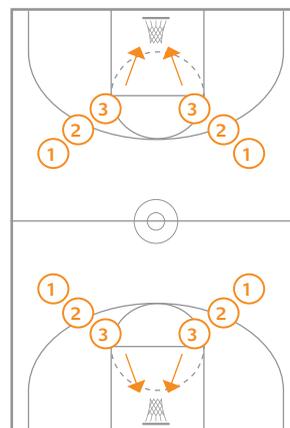
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

**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.



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

### WHAT'S THE TIME MR WOLF?

#### Activity Setup:

- One participant (the Wolf) stands 15 meters away from the group with their back facing the group.
- The other participants dribble their balls up to the Wolf and attempt to touch the Wolf on the back.
- The participants must then get back to the safety of the group without having their ball stolen by the Wolf who chases them back once touched.

### 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

### PEPPER PASSING

#### Activity Setup:

- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant's names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

### TEACHING POINT

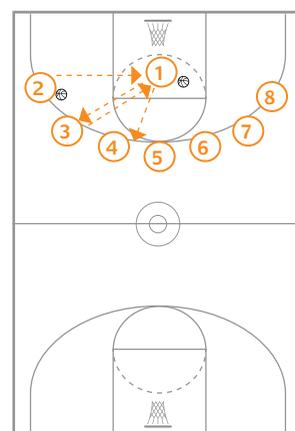
#### Stance

- 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.
- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.
- Add in other elements such as a star jump for participant 1 in between passes to heighten challenge.

### TIME – 5 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.

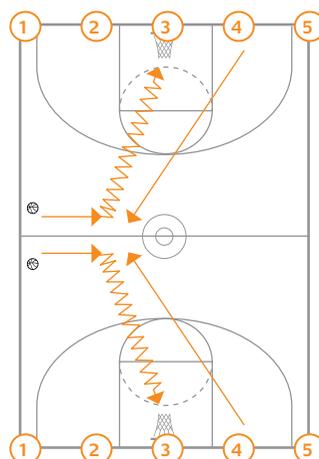
#### Dribbling Hand Position

- 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.

#### 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



# DRILLS TO DEVELOP SKILLS

## PAIRS PASSING

### 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.



## TEACHING POINT

### Dribbling Stance

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

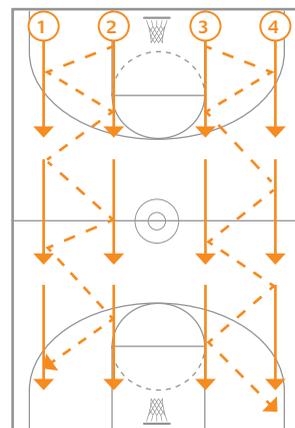
### Dribbling Hand Position

- 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.

### 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



## CAT AND MOUSE

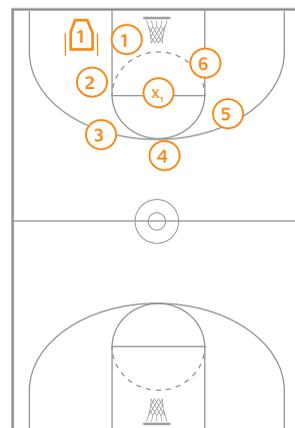
### Activity Setup:

- 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

## TIME – 10 MINUTES



# MODIFIED GAME

## DRIBBLING V SHOOTING RELAY

### 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.

## TEACHING POINT

### Dribbling Stance

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

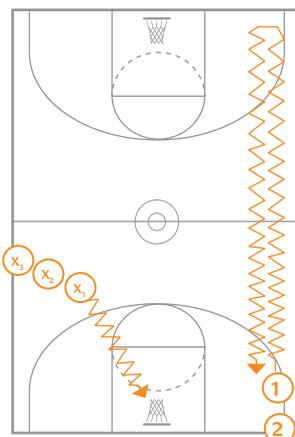
### Dribbling Hand Position

- 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 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



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

### HUMAN TUNNEL BALL

### TEACHING POINT

TIME – 5 MINUTES

#### Activity Setup:

- Participants are divided into two lines in line formation at one end of the court.
- On “Go” the leader turns and crawls through the legs of the ‘Human Tunnel’.
- When they reach the end and have stood up they yell out “Tunnel” and the next person crawls through.
- The lines will naturally progress backwards down the court.
- The first line to reach the end of the court wins.

#### 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

### DIAMOND PASSING

### TEACHING POINT

TIME – 10 MINUTES

#### Activity Setup:

- Participants line up in the shape of a diamond.
- Participants pass to the right and run to the left.
- Participants pass to the left and run to the right.
- Activity continues repeatedly.

**Variation:** Introduce different pass types.



#### Stance

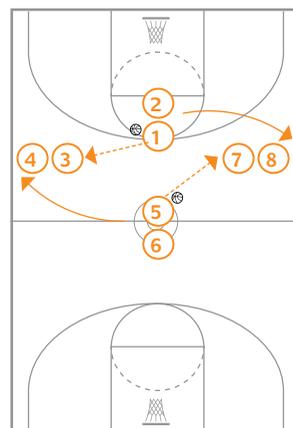
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

#### 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.

#### Types of Passes

- Chest Pass
- Bounce Pass
- Push pass



## DRILLS TO DEVELOP SKILLS

### COPY CAT

### TEACHING POINT

TIME – 10 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

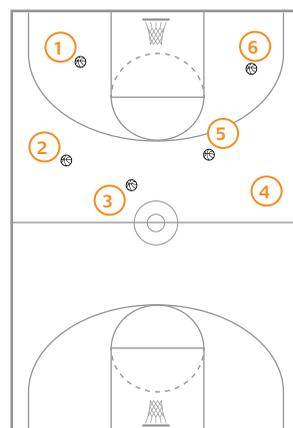
#### Stance

- Good balance, knees bent, head up, 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.



## PIGGY IN THE MIDDLE

## TEACHING POINT

TIME – 15 MINUTES

### Activity Setup:

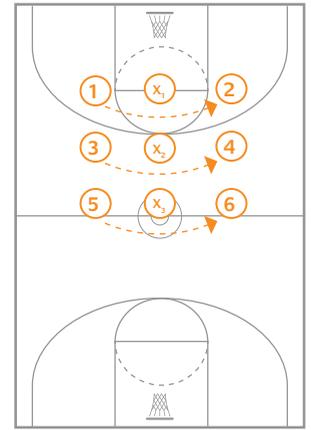
- In groups of four – passer, receiver, defender and gopher.
- Defender attempts to stop the ball getting to the receiver.
- Passer needs to fake and pass or pivot and pass.
- Passer cannot lob the pass.
- Passer must wait for the defender to be in front of them to pass.
- Defender keeps track of the 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.

### 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.



## MODIFIED GAME

### SIDELINE BASKETBALL

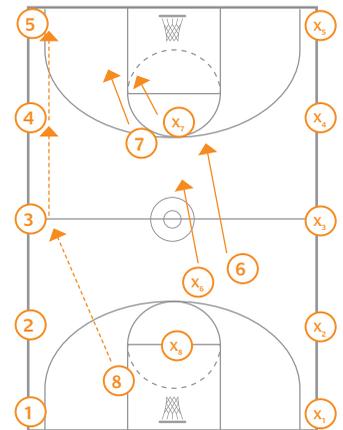
### TEACHING POINT

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.

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



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

### FOX AND GEESE

#### Activity Setup:

- Form groups of four.
- Three participants are the geese and one is the fox.
- The three geese form a line with the hands of the second and third participant on the waist of the first and second.
- The three geese run and the fox attempts to tag the second geese.
- The first and third geese must use the pivoting technique to protect the second geese from being tagged by the fox.

### 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



### PEPPER PASSING

#### Activity Setup:

- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant's names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

### TEACHING POINT

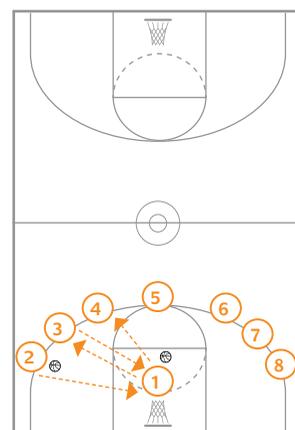
#### Stance

- 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.
- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.
- Add in other elements such as a star jump for participant 1 in between passes to heighten challenge.

### TIME – 10 MINUTES



## GAME BASED ACTIVITIES

### 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.

### TEACHING POINT

#### Dribbling Stance

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

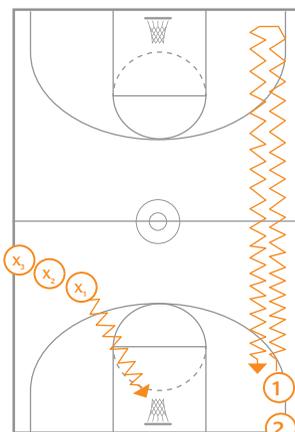
#### Dribbling Hand Position

- 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 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 – 10 MINUTES



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

## ROB THE NEST

### Activity Setup:

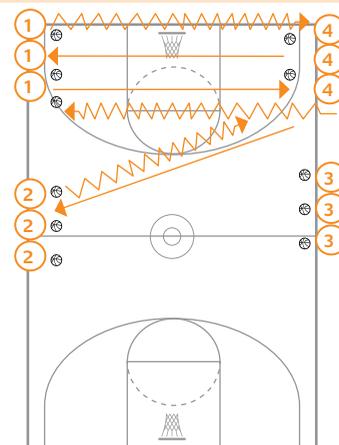
- Four teams, one in each corner of the half court as per diagram.
- Each team has one hoop with three balls in it to begin.
- On “go” one participant from each team runs to rob another teams nest of one ball and dribbles it back to their own hoop.
- The participants take turns, only leaving their nest when the participant before them has placed the ball in their team’s hoop.
- The team with the most balls at the end of the game wins.
- Each game usually lasts 2 to 3 minutes.

## TEACHING POINT

### Dribbling

- Promote speed dribbling.
- Promote peripheral vision when dribbling.
- Promote decision making under pressure.

## TIME – 15 MINUTES



## DRILL TO DEVELOP SKILLS

### RED LIGHT - GREEN LIGHT PIVOTS

#### Drill Setup:

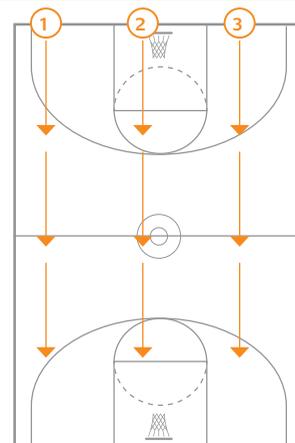
- Form three even groups as per diagram.
- On the coaches whistle participants dribble to the first cone, jump stop and then pivot.
- Then dribble to the second cone, jump stop and pivot on the opposite foot.
- Then dribble to the final cone, stride stop and conduct a forward and reverse pivot.
- When the first group reaches the second cone the next group begins.

## TEACHING POINT

### Footwork for stopping

- There are two methods of stopping. The 1 count jump stop and the 2 count stride stop.
- Almost all basketball skills start with proper footwork.
- Emphasise the importance of correct pivoting and what it enables the participant to do on the court.

## TIME – 10 MINUTES



## MODIFIED GAME

### GOLDEN CHILD

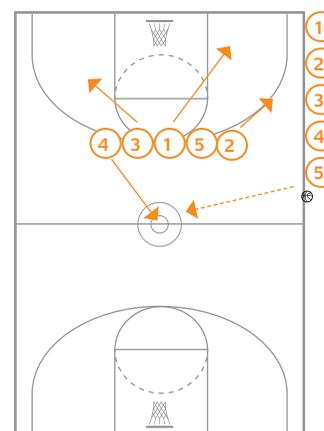
#### Activity Setup:

- Similar to “Roller Ball”.
- Fielding team lines up on the free throw line.
- Running team lines up on sideline.
- Each 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 runner 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 – 10 MINUTES



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

### LINE TAG

#### Activity Setup:

- Participants stand on one of the lines of the court.
- Participants must run, staying on the lines and changing direction where the lines intersect.
- The person who is "it" must tag another participant 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



## GAME BASED ACTIVITY

### FORM SHOOTING

#### Activity Setup:

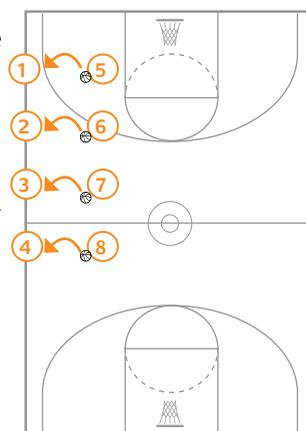
- Line up participants opposite each other.
  - Participants 'shoot' ball to each other with technical emphasis (Set, Load and Shoot).
- Hand on ball on thigh.
  - Set - bring ball to shooting position (wrinkle in wrist).
  - Load - bring ball to shoulder and elbow to eye level - keep 'U shape' (3 sides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

### TEACHING POINT

#### Shooting Grip

- "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 – 5 MINUTES



## DRILLS TO DEVELOP SKILLS

### 3 PASS SHOOTING

#### Activity Setup:

- Begin with one ball per pair and progress to two.
- Have participants 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

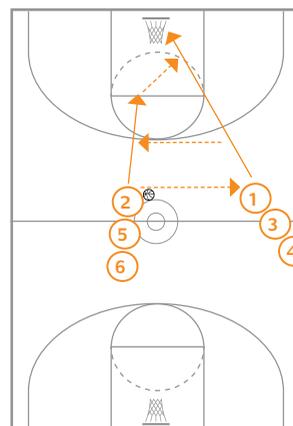
#### Lay-up's:

- Promote the differing types of lay-up's:
- Underhand lay up
  - Overhand lay up
  - Crossover step and lay-up left/right
  - Power lay-ups (two feet)

#### Passing:

- "Snap" your wrists and fingers on release.
- 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



## NUMBERS SHOOTING

### Activity Setup:

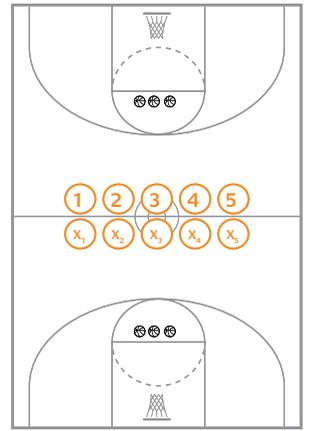
- Two teams line up at half court facing the baskets.
- Participants are all given a number.
- Coach calls a number and those participants run to the designated shooting spot and take shot, rebound it and then place the ball back on spot.
- Can play with multiple balls.
- First team to required score 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



## MODIFIED GAMES

### 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

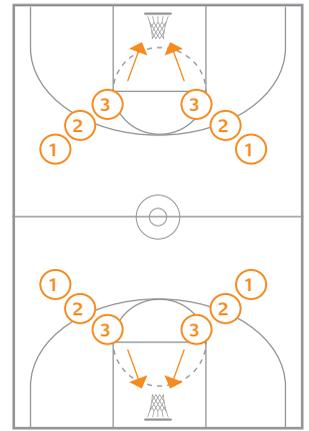
### Dribbling Stance

- 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.
- 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 – 15 MINUTES



### ROLL AND DEFEND

#### Activity Setup:

- Two groups line up on either side of the court facing each other.
- A participant from group one rolls a ball to the participant opposite them and follows the ball into the court.
- The participant from group two picks up the ball and begins to dribble to the basket.
- The participant from group one who rolled the ball must defend and attempt to stop a basket being scored

## TEACHING POINT

- Promote defensive energy and intelligent body positioning when defending.
- Promote speed dribbling and crossover dribbling when attacking the basket.
- Promote attacker not running directly at basket but rather either side of it.
- Promote pivoting.
- Promote proper shooting and lay-up techniques.

## TIME – 10 MINUTES

