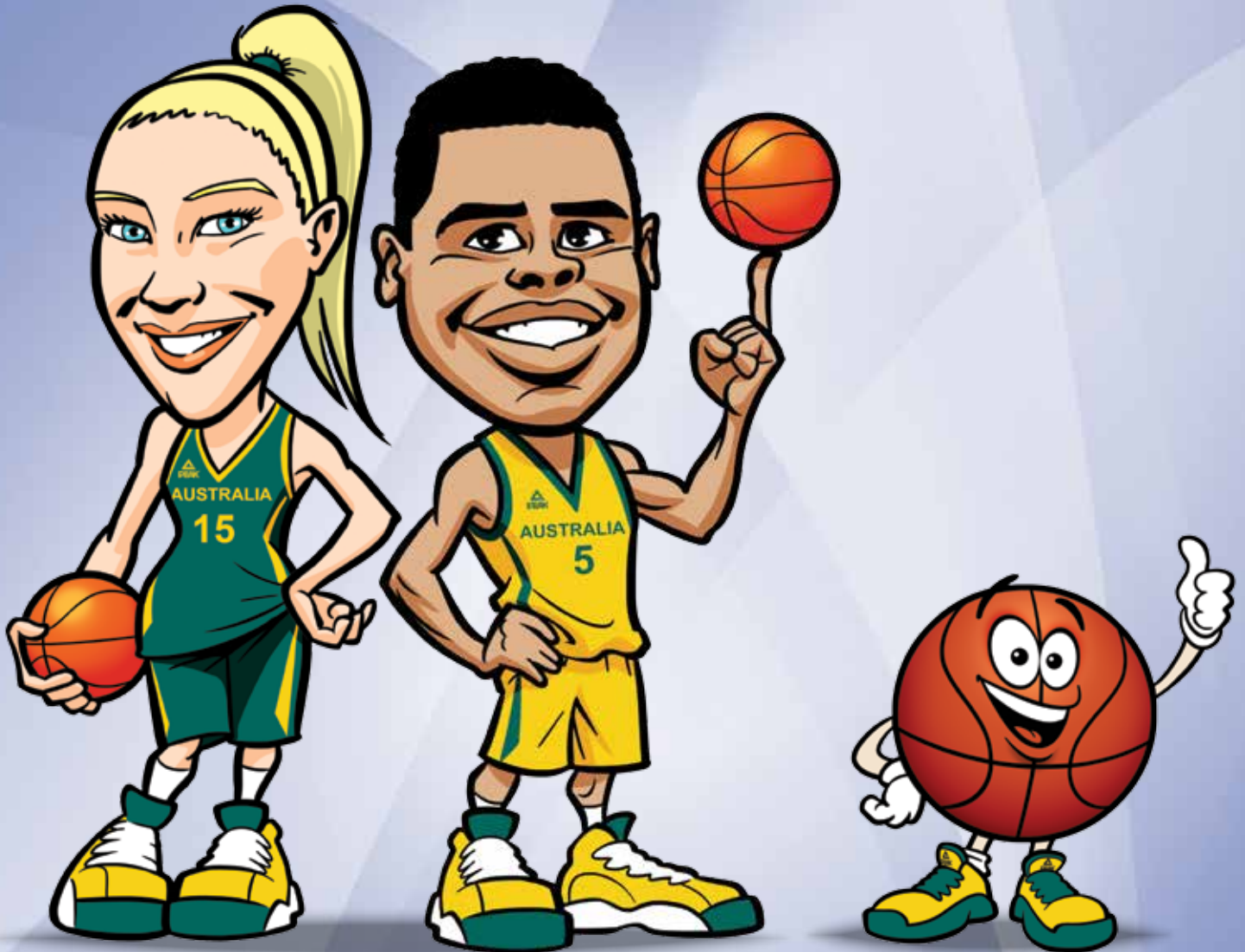




AUSSIE HOOPS

FAMILY GUIDE

The guide to Basketball Australia's official junior game development program for 5 – 10 year olds and their families



AUSSIE HOOPS SPONSORS



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BASKETBALL AUSTRALIA PROUDLY SUPPORTED BY



WELCOME TO AUSSIE HOOPS



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

Aussie Hoops is a national program which provides an environment where children of all abilities can achieve on the court - and reap the rewards of skill development, enhanced self-esteem, social co-operation and grassroots sports participation.

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

Aussie Hoops' core values are:

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

Hundreds of thousands of Australian families will be touched by this exciting grassroots program, and that's in no small part due to the invaluable support of Aussie Hoops' commercial partners. These program partners are not just corporate sponsors: they're advocates of participation and vibrant communities committed to assisting the growth of our great game and the positive message we promote.

I'd like to acknowledge our State and Territory member associations who play a critical role in the growth of Aussie Hoops, as well as the thousands of Local Centre Coordinators and Aussie Hoops Coaches who, with the assistance of additional volunteers, conduct and facilitate the delivery of the program each week.

As a parent, I know first-hand the opportunity local sport gives families to spend quality active time together. I'd encourage you to reach out to your local centre and become involved in the Aussie Hoops experience; no basketball or sporting experience is required, just a willingness to lend a hand in your local community.

Please take the time to read this family guide, as it provides information to help you actively and confidently participate in your child's Aussie Hoops experience.

On behalf of Basketball Australia, I welcome you to the Australian basketball community – we hope this is the start of a long affinity between your family and our sport.

Scott Derwin
Chair, Basketball Australia



THE BENEFITS OF PARTICIPATING IN AUSSIE HOOPS

Aussie Hoops provides boys and girls with a fun and safe Basketball experience that serves as an introduction to a lifetime of involvement in the game. In addition to promoting healthy and active lifestyles, the program serves as a platform for social development and inclusion - fostering stronger and more vibrant communities and individuals.

BENEFITS FOR CHILDREN

- Children learn the fundamental motor skills for future physical activity and sports participation;
- Children learn the basics of fitness conditioning, muscle management and well-being;
- Children learn the importance of health and nutrition;
- Important physiological and mental skills are nurtured;
- Respect for others as well as social, team work and cooperation skills are developed;
- Contact with coaches, ambassadors, older children and parents provides valuable role modelling;
- Children are exposed to multi-functional environments creating greater self-confidence;
- Physically active children are more attentive, have a more efficient memory and better problem solving skills;
- Children are coached and encouraged by accredited and periodically assessed coaches;
- Children are exposed to the Australian Basketball pathway from Aussie Hoops through to the elite level; and
- Aussie Hoops provides a structured and federally endorsed program for children to participate in over a five year period.



BENEFITS FOR PARENTS

- Convenient, local opportunities for safe, quality time with your child and family;
- The opportunity to engage with children and other families in a common setting;
- Greater social contact and interaction;
- Opportunities to become actively involved in program delivery; and
- Periodic and consistent activity for the whole family.

EVERYONE'S GAME

As the world's number two sport, basketball is participated in by 214 countries internationally and has over 450 million people regularly playing the game. As one of the world's most accessible sports to both disabled and able body players coupled with its ability to be played across all four seasons, basketball truly is 'everyone's game'.

We're proud to say basketball in Australia is the 2nd highest team based participation sport with a significant grassroots following, including:

- 1.1 million grassroots participants playing basketball regularly each year;
- 625,000 of these participants are aged 15 years and over;
- 475,000 of these participants are aged 14 years and under;
- 53,000 primary aged children participate in the Australian governments Active After School Communities basketball program;
- 42% of participants play basketball weekly;
- 29% of Australians consider themselves fans of basketball;
- 25% of Australians have participated in basketball during their life;
- 10% consider themselves "Fanatics";
- 9% of Australians aged between 5 - 75 years currently participating;
- 5% of Australians providing volunteer support to basketball;
- The NBL and WNBL Championships both broadcast on free to air television; and
- More than 700,000 spectators witness NBL and WNBL games per season;

On top of that Basketball Australia's highly successful Australian Olympic and Paralympic team programs give us a current FIBA combined ranking of 5th as a nation.



WELCOME TO AUSTRALIAN BASKETBALL

THE AIM OF THE GAME

The traditional game of basketball is played by two teams of five players on a rectangular court with the purpose of the game being to score field goals. The objective is to shoot the basketball through a Hoop (basketball ring) mounted on a backboard 10 feet (3.05 metres) off the ground. A field goal scores two (2) points for your team, whilst a shot made from behind the '3-point arc' scores three (3) points. At the conclusion of the game, the team with the highest score wins. Basketball is played by both able bodied and disabled participants as well as those with an intellectual disability. A variety of non-traditional game formats also exist including '3x3' (Three on Three) and 'Street Ball'.

STARTING AND RECOMMENCING THE GAME

Unlike many sports a 'coin toss' does not take place in basketball. Teams also do not rotate scoring ends on a quarter by quarter basis, but rather rotate once at half time. Typically the home team shoots towards the opposition benches baseline for the first two quarters and then towards their own benches baseline for the remaining two quarters. The game starts with a 'jump-ball' in the centre of the court. When a point is scored the ball is brought back into play from the defensive baseline via an inbound pass from one teammate to another. At the recommencement of the second, third and fourth quarters the ball is passed inbound by one teammate to another on the halfway line. This possession is based on a rotation policy dependant on which team had possession of the ball at the conclusion of the previous quarter. For example if team A had the ball at the end of the first quarter, Team B starts with the ball at the start of the second quarter.

Basketball's seven fundamental skills as recognised in the National Basketball Coaching Curriculum are:

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



BALL HANDLING

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



DRIBBLING

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



PASSING

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



CATCHING

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



SHOOTING

Shooting is the act of scoring points by shooting the ball into the offensive basket. Shooting techniques always differ and often require technical advice to maximise efficiency. Shooting the ball can take place anywhere on the court and can also be linked to other methods of point scoring such as lay-up's, tip-in's and slam dunking.



BODY MOVEMENT AND FOOTWORK

Good movement and footwork is essential to developing best practice techniques. The correct execution of most skills in basketball start with good footwork. Good movement and footwork eliminates turnovers through 'travelling' and 'double dribbling' whilst facilitating effective passing and catching, drives to the basket, rebounding opportunities and improved shooting techniques. Effective and efficient movement and footwork rapidly bridges the gap between good and outstanding basketballers.

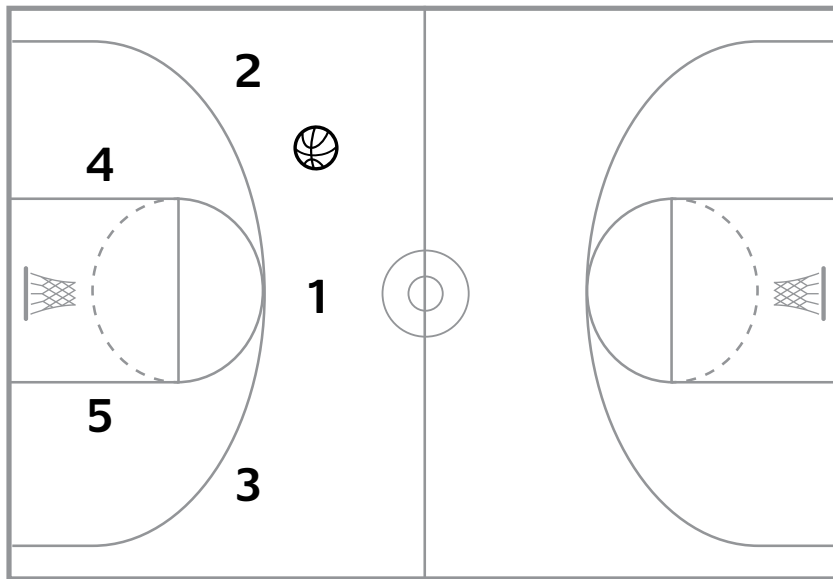


DEFENCE

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

WHO'S ON THE COURT

Each team typically has 10 players with 5 allowed on the court at any one time.



'The 1' - Point Guard

'The 2' - Shooting Guard

'The 3' - Small Forward

'The 4' - Power Forward

'The 5' - Centre

THE RULES

What players CAN do:

- Score points by shooting or 'laying-up' baskets.
- Slam Dunk!
- Pressure, chase and block the ball.
- Dribble the ball towards the basket.
- Rebound the ball defensively and offensively.

What players CAN'T do:

- Draw any physical contact on an opponent.
- Intentionally pull, hold or trip an opponent.
- Carry the ball without dribbling.
- Receive more than 4 personal fouls in a game.
- Belittle, intimidate or argue with umpires.

THE AUSTRALIAN BASKETBALL PATHWAY

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

1) Foundation:

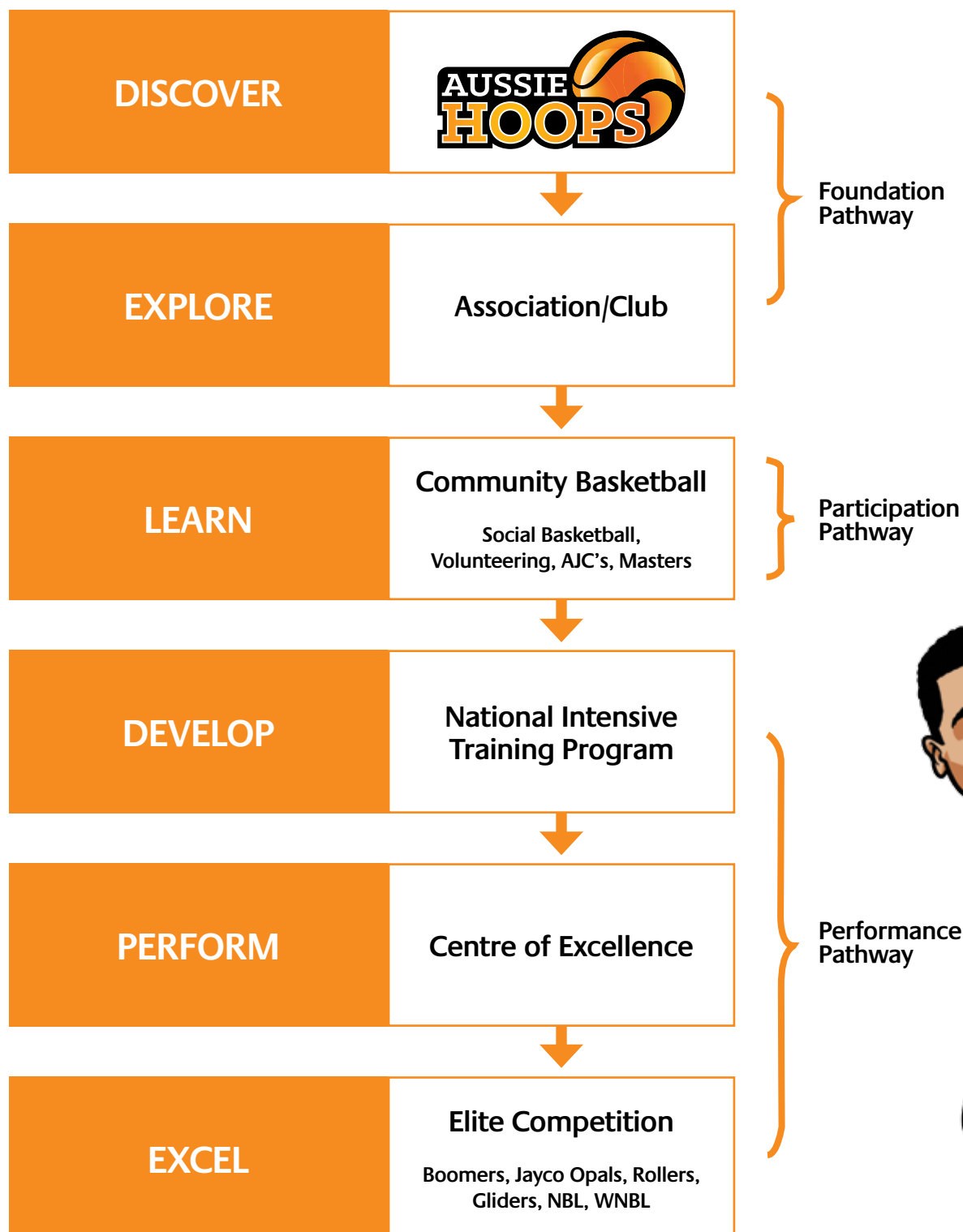
Developing children's fundamental movement and basketball skills and confidence. Confidence and competence in sport and physical activity stimulates ongoing active lifestyles and develops a love of the game. This is where Aussie Hoops fits into the basketball pathway.

2) Participation:

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

3) Performance:

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



OUR AMBASSADORS

Basketball Australia is delighted to have two Australian Basketball superstars as program ambassadors –Lauren Jackson and Patty Mills.



LAUREN JACKSON BIO

Arguably the finest women's basketballer of all-time, Jackson tipped off her career at the AIS in 1997. Quickly making a name for herself in both the WNBL and internationally, she lead the Jayco Opals to silver medals at the 2000, 2004 and 2008 Olympic Games, as well as gold at the 2006 FIBA World Championships.

Jackson was taken with the first pick of the 2001 WNBA Draft by the Seattle Storm, where she lead the Storm to two WNBA Championships, while continuing to win WNBL titles with the Canberra Capitals. Stints in Korea, Russia and Spain followed with continued success, before collecting a fourth medal in London, where she became the first female to carry the Australian flag at the Olympic Games Opening Ceremony. Jackson will return to the Capitals ahead of the 2014/15 WNBL season.



PATTY MILLS BIO

One of the brightest stars to ever come off the AIS production line, Mills was on the Australian Boomers radar at age 17, teaming up with the national squad in 2006 and debuting for the Boomers in 2007, before breaking out on the world stage at the 2008 Beijing Olympics where he lead Australia in scoring – headlined by 20 points against the USA.

Winning his first Gaze Medal for International Player of the Year at just 20 years of age, Mills has also enjoyed stints with St Mary's College in the USA, the NBA's Portland Trailblazers, the NBL and the Chinese Basketball Association, alongside two Olympic Games and a FIBA World Championship campaign. Mills is currently with the NBA's San Antonio Spurs.



AUSSIE HOOPS CENTRE STRUCTURE

The Aussie Hoops Local Centre Coordinator generally oversees the centre's activities while the Aussie Hoops coach delivers the physical sessions. In some centres these two roles are both carried out by the same person. These can both be big jobs, so in order to conduct a more effective program and share the workload parent volunteers are encouraged to reach out to their Local Centre Coordinator or coach and offer assistance.

AUSSIE HOOPS PARTICIPATION STAGES

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



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



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



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

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

AUSSIE HOOPS SESSIONS

WEEKDAY AFTERNOON	WEEKEND MORNING	
3:50pm	8:50am	Participants and parents arrive and informally shoot hoops.
4:00pm	9:00am	Staged programs or collective delivery programs are assembled and move to allocated court space to commence session.
4:05pm	9:05am	Play warm-up games focused on fun and participation in preparedness for further activity.
4:15pm	9:15am	Skill teaching and participation in skill drills based on national coaching curriculum session cards provided to all coaches.
4:40pm	9:40am	Participants split into teams and play a modified Aussie Hoops game.
5:00pm	10:00am	Session re-cap by coaches, drinks and departure.

These delivery times are not compulsory and will vary from centre to centre.

MODIFICATION AND ROLE PLAYING

Modification of certain elements of the sport have been designed to ensure that participation in the game falls within the developmental philosophy of the program.

TIMING

Typically an Aussie Hoops session is delivered for 60 minutes however some local centres may reduce or expand this to between 45 and 75 minutes based on the staged program, participation numbers or coach and court availability. The purpose of this is to take the emphasis away from endurance in order to allow for greater skill development.

Typically, Aussie Hoops programs are delivered in line with primary school terms with the duration of each program ranging between 8 and 10 weeks dependant on the local centre.

EQUIPMENT

Modified equipment enables participants to develop fundamental skills with confidence while also providing a strong sense of achievement, consequently keeping participants engaged and enthused. Each participant receives a size 5 Basketball inside their participant pack, this being a smaller size to the adult and elite level size 6 and 7 balls. In addition, local centres are encouraged to provide modified basketball rings for participants. These rings are lowered in height providing greater opportunity for baskets to be scored.

PARTICIPATION SPACE

The Aussie Hoops Coaching session cards have been developed with space utilisation inside local centres as a consideration. Typically, a full Aussie Hoops session can be delivered by a coach on half a basketball court, however, if space permits, this can easily be altered to full court delivery. During game play that is typically delivered towards the conclusion of an Aussie Hoops session, coaches have the option of playing such games across the full length of the basketball court (28 x 15 meters) or across its width and half the court (14 x 7.5 meters) dependant on court availability and participant ability. Similar to the timing policy, space modification promotes a stronger focus on skill development and participation because the ball is never far away.

SPIRIT OF PARTICIPATION

At the conclusion of each Aussie Hoops session coaches are encouraged to deliver a traditional 'Aussie Hoops Salute' in which participants, the coach and parents stand around the centre circle and place a hand in collectively. The coach then chants "1, 2, 3" and collectively the participants, coach and parents chant "Aussie Hoops". This activity marks the conclusion of the session and promotes the spirit of participation and inclusiveness.

ROLE OF THE COACH

Aussie Hoops coaches play a critical role in the effective development and retention of participants. With adherence to the provided session cards coaches are equipped to deliver sessions that are linked to the national coaching curriculum in a fun and engaging manner. The primary role of the coach is to teach participants the skills of the game and how to play to the rules. In providing national consistency of delivery, all Aussie Hoops coaches undergo periodic assessment from the Aussie Hoops State or Territory Coordinator and Local Centre Coordinator.

ROLE OF THE PARENT

Parents play an equally critical role in the effective development and retention of participants. In addition to volunteering at the local centre of delivery, as role models Aussie Hoops parents have the ability to influence, encourage and inspire participants to be the best they can possibly be. Parents also reap benefits through positive involvement such as the opportunity to play with their children and contribute to their social development, learn new skills themselves and/or share existing talent and knowledge, have fun and find enjoyment through a child's success as well as serving the community.

CODES OF CONDUCT

Aussie Hoops is a program delivered by the local community for the community. Adults play an essential role, whether as parents, coaches, administrators or officials, in supporting junior basketball in Australia.

Children learn best by example. Therefore codes of conduct provide clear behavioural guidelines and promote a quality environment in which both the game and the participants can flourish. The following codes of conduct apply for all Aussie Hoops programs.

PARENTS AND SPECTATORS

- Encourage children to participate regardless of ability;
- Encourage participants to always play by the rules;
- Never ridicule mistakes;
- Recognise the value and importance of coaches;
- Never publicly disagree with coaches or coordinators. If you disagree, raise the issue privately through the appropriate channels;
- Actively discourage racial abuse and vilification;
- Remember that participants participate for fun and are not miniature professionals;
- Condemn the use of violence in any form, be it by spectators, coaches, coordinators or participants; and
- Demonstrate exemplary behaviour by not using foul language, or harassing coaches, coordinators or participants.



COACHES

- Promote inclusiveness and accessibility to the sport;
- Be reasonable in your requests;
- Consider safety. Ensure that equipment and facilities are safe and appropriate for age and ability levels and recognise the importance of injury management;
- Be educated to educate. Ensure accreditations are current and sessions are delivered in line with the national coaching curriculum and provided Aussie Hoops resources;
- Get priorities right. Ensure fun is had, skill development is encouraged and appropriate behaviour exists;
- Teach fair play: Help children understand the responsibilities and implications of their freedom to choose between fair, and unfair, play;
- Develop respect. For fellow participants, the rules and the game; and
- Champion further participation.

INSURANCE

Insurance cover for all Aussie Hoops programs is covered by your State or Territory Member Association.

For more information on the State or Territories Insurance plan contact your Local Centre Coordinator or the State or Territory Member Association direct.

ELITE LEVEL INVOLVEMENT

INTERNATIONAL GAME INVOLVEMENT

Basketball Australia provides opportunities for Aussie Hoops local centres to participate in the half time Aussie Hoops segment at all Australian Boomers and Australian Opals games played in Australia and hosted by Basketball Australia. For many participants this can be a defining experience in their basketball participation journey. In addition to providing free match ticketing for half time participants, Basketball Australia also provides accompanying parents or caregivers with discounted ticketing opportunities. At these games Basketball Australia also selects twelve (12) Aussie Hoops participants to take part in the pre-game national anthem ceremony. Each participant will accompany a national athlete to the court and stand with them as the Australian national anthem is sung.



WNBL INVOLVEMENT

Basketball Australia also provides opportunities for Aussie Hoops local centres to participate in the half time Aussie Hoops segment at all WNBL games during the WNBL season (September – March). Like national games, participants receive free match ticketing while discounted match ticketing is provided to accompanying parents or caregivers.

QUICK Q&A

Q) What experience does my child need to participate in Aussie Hoops?

A) No prior experience with basketball or sport is required.

Q) Where can my child participate in Aussie Hoops?

A) At any accredited Aussie Hoops local centre in Australia. Visit the Aussie Hoops website and use the Aussie Hoops Program Locator to find your nearest centre.

Q) When do Aussie Hoops Programs run?

A) All year round. Programs are typically in conjunction with the applicable school terms in your State or Territory.

Q) How long does an Aussie Hoops Program run for?

A) Dependant on the local centre, Aussie Hoops runs for between 8 and 10 weeks.

Q) How long does an Aussie Hoops Session run for?

A) Dependant on the local centre, Aussie Hoops sessions are delivered each week for between 45 and 75 minutes.

Q) What does my child receive as an Aussie Hoops participant?

A) Upon successful online registration and payment an Aussie Hoops participant receives a Participant Pack which contains an Aussie Hoops backpack, reversible singlet and basketball.

Q) How do I register my child to participate in an Aussie Hoops program?

- A) Participants can only be registered for Aussie Hoops programs online. Visit the Aussie Hoops website and follow the prompts to registration and payment. Registration and payment should take no longer than 5 minutes.

Q) What equipment does my child need to participate?

- A) Participants are required to bring their basketball provided in their Participant Pack and encouraged to wear the reversible singlet at session delivery. Basketball Australia also recommends participants bring a water bottle and wear suitable footwear for participation such as standard school sport shoes or basketball shoes.

Q) Does my child need protective equipment?

- A) Basketball is considered a non-contact sport and Aussie Hoops is delivered in a controlled environment. With this said a small percentage of participants wear mouth guards as a point of safety. Some local centres will request participants wear particular safety equipment in order to participate such as mouth guards.

Q) Who runs an Aussie Hoops local centre?

- A) Local centres receive approval from the State or Territory Member Association and Basketball Australia to become an accredited Aussie Hoops delivery centre. From here, an accredited 'Local Centre Coordinator' coordinates the program and recruits accredited coaches to deliver the program.

Q) As a parent or caregiver, how can I get involved?

- A) There are a variety of ways to become involved in Aussie Hoops. Basketball Australia recommends reaching out to your Local Centre Coordinator in the first instance.

Q) How much does Aussie Hoops cost?

- A) Each Local Centre sets their own price point. These can be found on the Aussie Hoops program locator tool.



GLOSSARY OF BASKETBALL TERMS

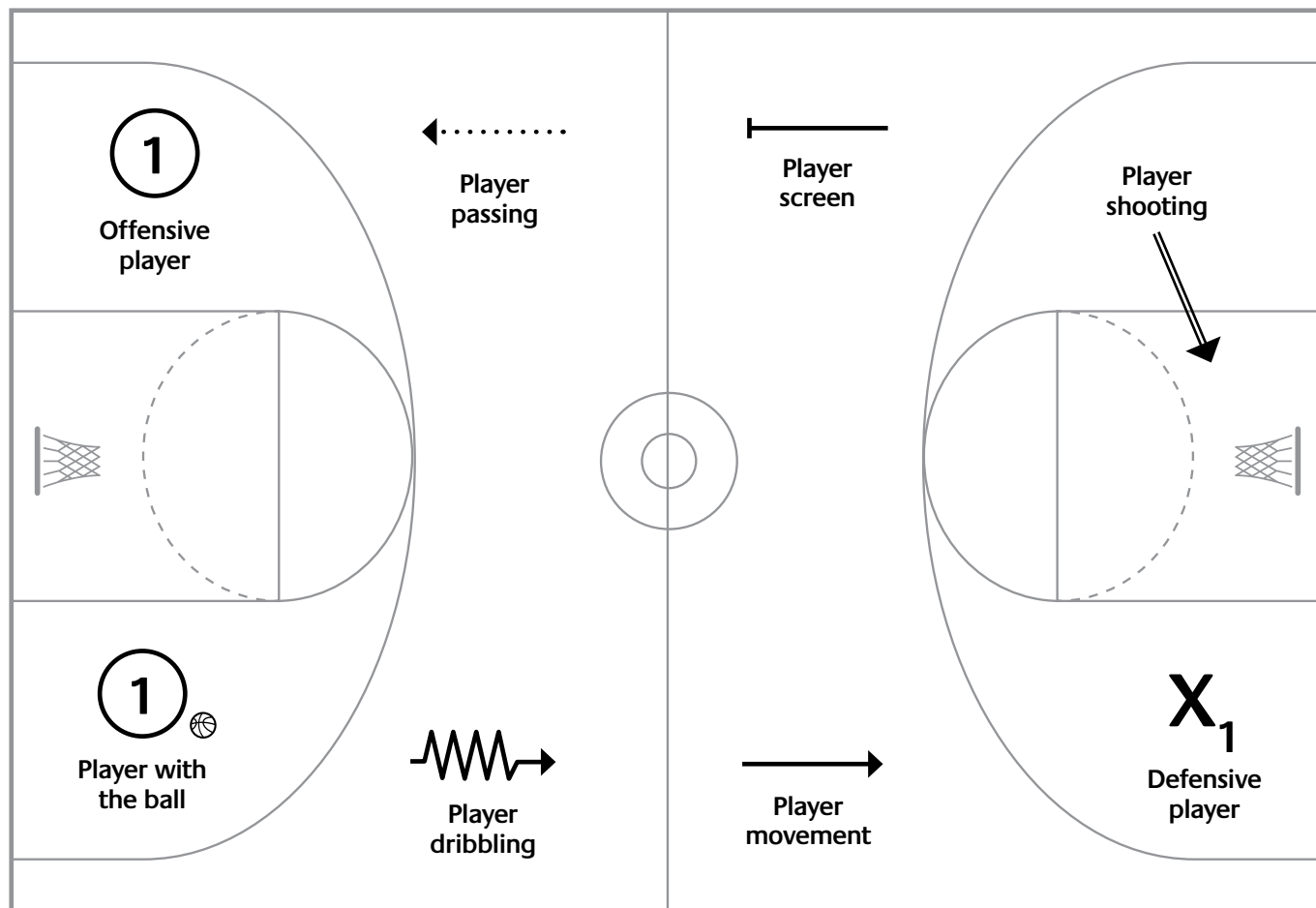
TERM	DESCRIPTION
Backboard	The rectangular board from which the basketball ring is suspended.
Baseline	The out of bounds line behind the backboard at each end of the court.
Baseball Pass	A long one handed pass thrown with the same method used to throw a baseball.
Basket	The goal. The basket has a hoop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

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



BASKETBALL TERMINOLOGY AND LEGEND

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



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

AUSSIE HOOPS STATE AND TERRITORY CONTACTS

BASKETBALL ACT

ALISON ROWE

Development Officer

P: (02) 9697 4312

E: alison.rowe@act.basketball.net.au

BASKETBALL NEW SOUTH WALES

RICK BYWATER

Participation Manager

P: (02) 8765 8555

E: rick_bywater@nswbasketball.net.au

BASKETBALL NORTHERN TERRITORY

Andrew Farley

Chief Executive Officer

P: (08) 8945 3761

E: andrew.farley@nt.basketball.net.au

BASKETBALL QUEENSLAND

PETER POLLOCK

Participation Manager

P: (07) 3377 9118

E: peter.pollock@basketballqld.net.au

BASKETBALL SOUTH AUSTRALIA

DANNY O'BRIEN

Development Manager

P: (08) 8345 8605

E: dobrien@basketballsa.com.au

BASKETBALL TASMANIA

MARK PIERCY

Development Officer

P: (03) 6244 2483

E: mark.piercy@basketballtas.com.au

BASKETBALL VICTORIA

SAMANTHA EVANS

Development Officer

P: (03) 9837 8000

E: samantha.evans@basketballvictoria.com.au

BASKETBALL WESTERN AUSTRALIA

JACKIE KEEPA

Community Administrator

P: (08) 6272 0761

E: jackie.keepa@basketballwa.asn.au





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