

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

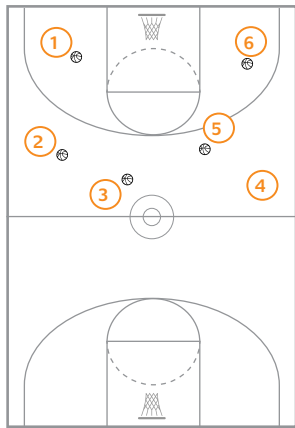
- Good balance, knees bent, comfortable, back straight, wide stance.

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

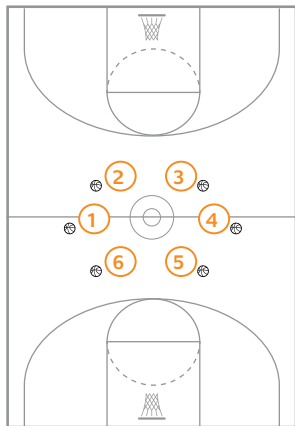
Stance

- 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.

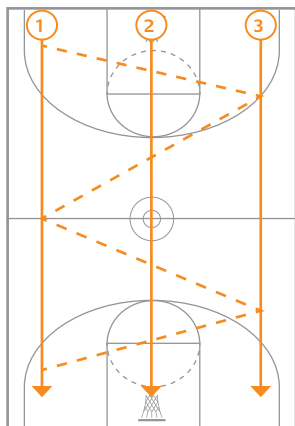
Dribbling Hand Position

- 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.

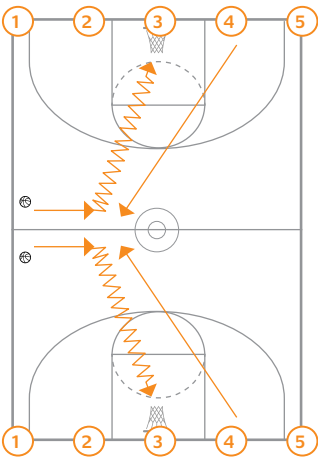
Dribbling Hand Position

- 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

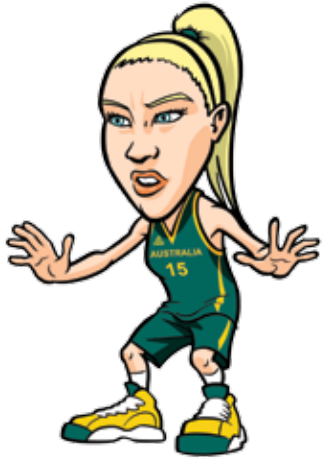


MODIFIED GAME

GOLDEN CHILD

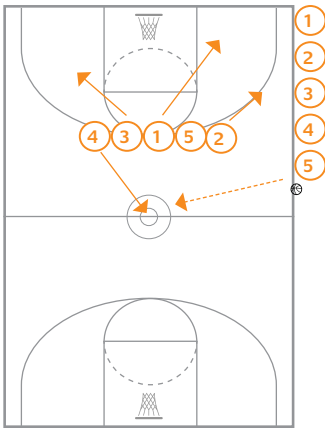
Activity Setup

- 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

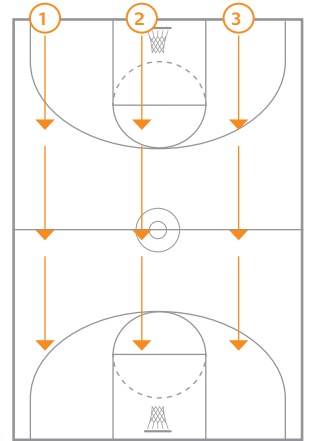
Activity Setup

- 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

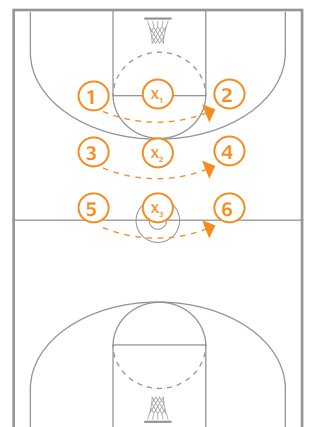
Stance

- 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

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.

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.

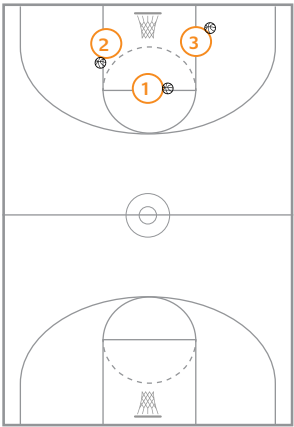
Position of Elbow

- 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

SPEED CIRCLE

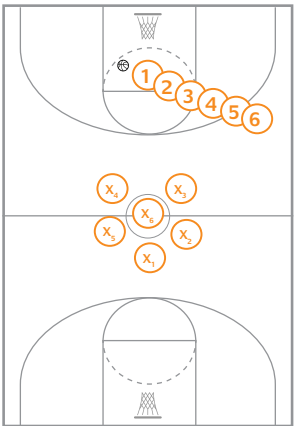
Activity Setup

- 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



TIME – 20 MINUTES



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

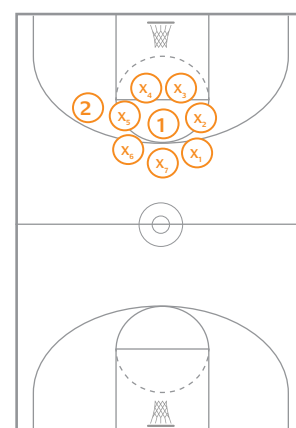
Dribbling Stance

- 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.

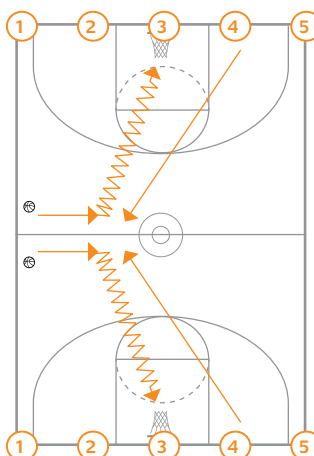
Dribbling Hand Position

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- 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 – 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.

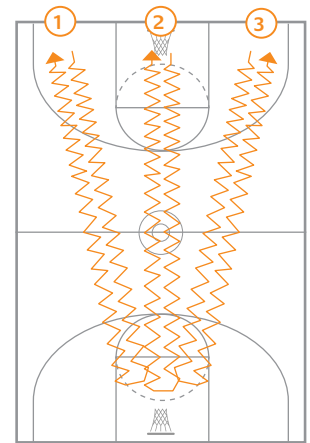
Dribbling Hand Position

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- 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.

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



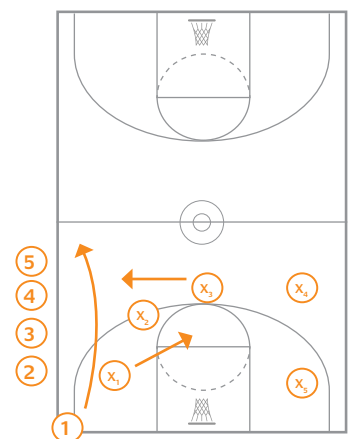
MODIFIED GAME

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.

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.

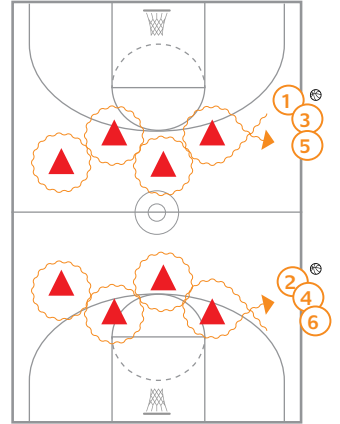
Variation: Change hands at each marker to increase difficulty.

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

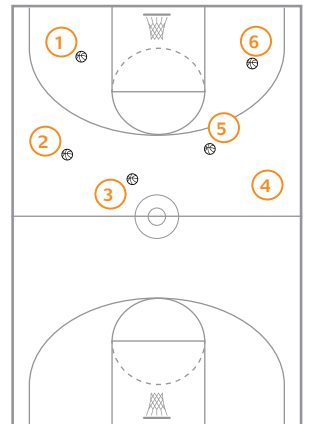
- Standing, kneeling, sitting & lying down
- Stationary dribbling

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

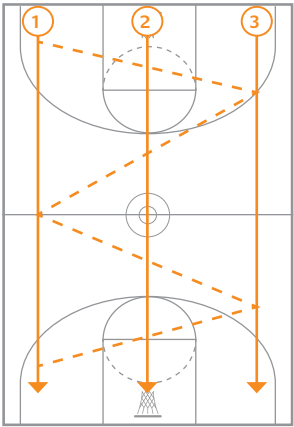
- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

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



MODIFIED GAME

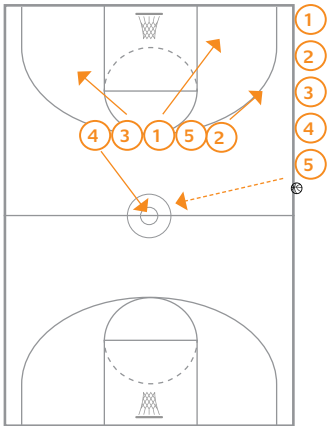
GOLDEN CHILD

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

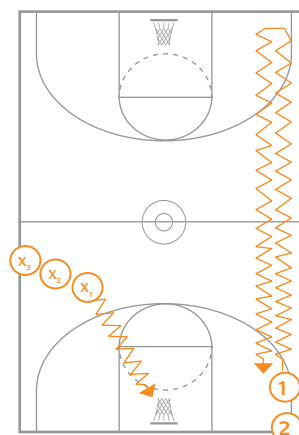
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

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.

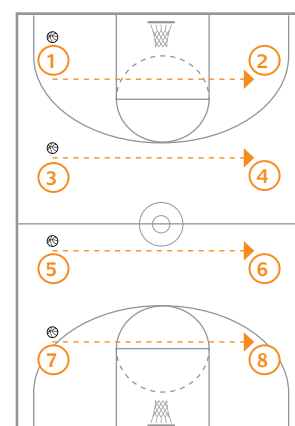
Variation: Add passing types – chest, bounce and push passes.

TEACHING POINT

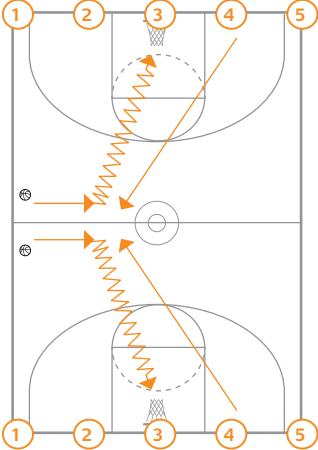
Passing

- 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.

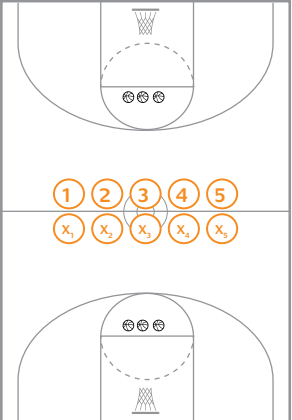
TIME – 10 MINUTES



GAME BASED ACTIVITY

NUMBERS	TEACHING POINT	TIME – 15 MINUTES
<p>Activity Setup</p> <ul style="list-style-type: none">• 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.	<p>Dribbling Stance</p> <ul style="list-style-type: none">• Good balance, knees bent, head up, comfortable, back straight, wide stance. <p>Dribbling Hand Position</p> <ul style="list-style-type: none">• 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. <p>Lay-ups</p> <ul style="list-style-type: none">• 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.	

MODIFIED GAME

NUMBERS SHOOTING	TEACHING POINT	TIME – 15 MINUTES
<p>Activity Setup</p> <ul style="list-style-type: none">• 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.	<p>Shooting</p> <ul style="list-style-type: none">• “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.	

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

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.

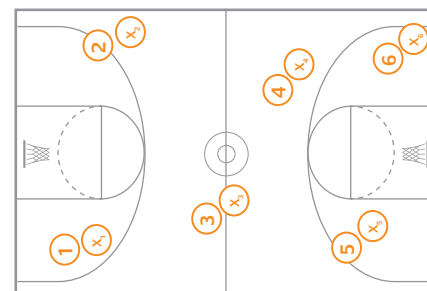
TEACHING POINT

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

PAIRS PASSING - MOVEMENT

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, head up, comfortable, back straight, wide stance.

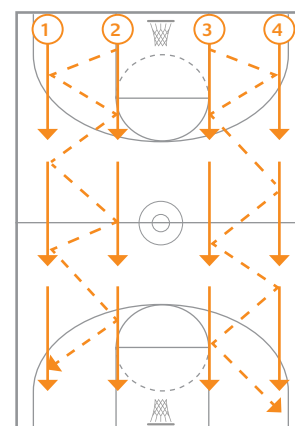
Dribbling Hand Position

- 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.

TIME – 10 MINUTES



DRILLS TO DEVELOP SKILLS

FORM SHOOTING

Activity Setup

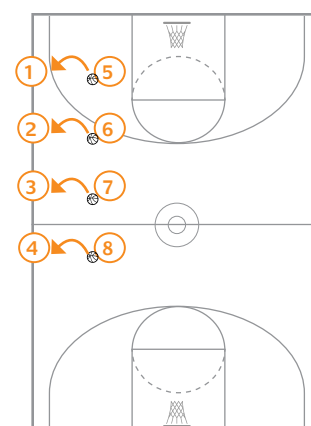
- Line up participants opposite each other.
- Participants ‘shoot’ ball to each other with technical emphasis (Set, Load and Shoot).
 - a) Hand on ball on thigh.
 - b) Set - bring ball to shooting position (wrinkle in wrist).
 - c) Load - bring ball to shoulder and elbow to eye level - Keep ‘U shape’ (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”).

TEACHING POINT

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.

TIME – 10 MINUTES



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.

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.



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.

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

Stance

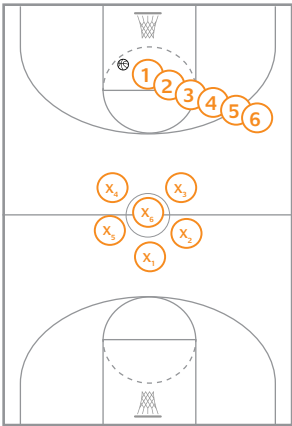
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

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.



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

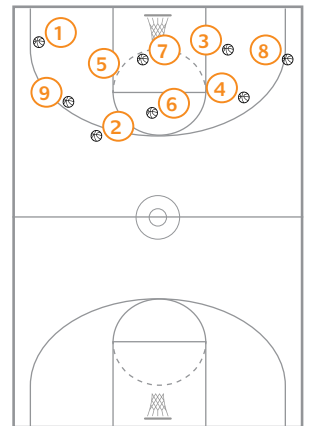
Dribbling Stance

- 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.

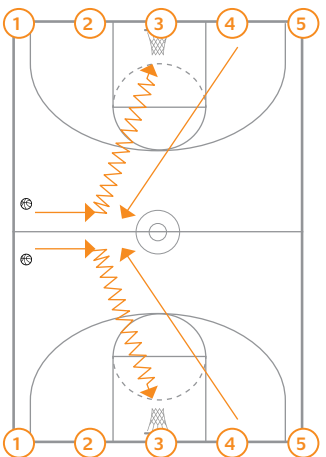
Dribbling Hand Position

- 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

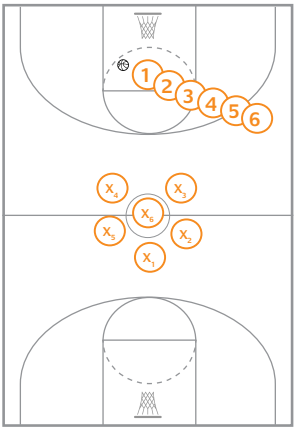
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

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

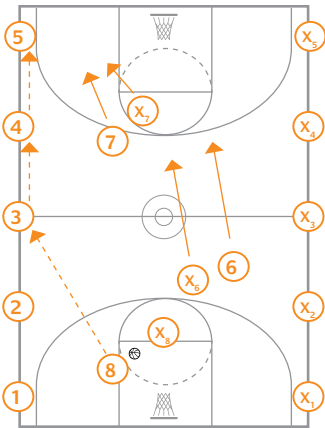
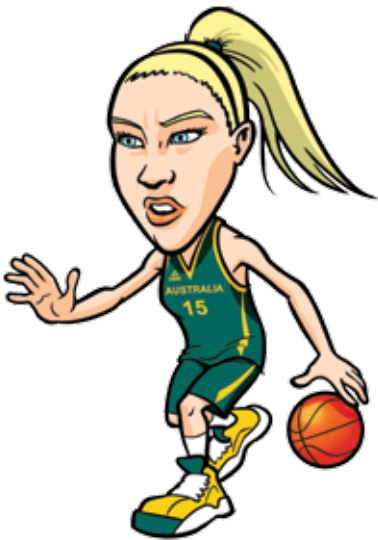
TEACHING POINT

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

TEACHING POINT

TIME – 5 MINUTES

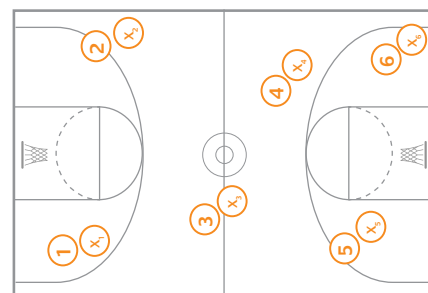
Activity Setup

- 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.

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

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:

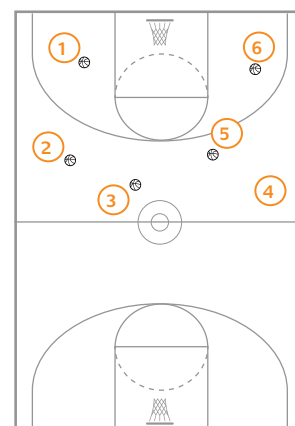
- Standing, kneeling, sitting & lying down
- Stationary dribbling

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.



3 LANE PASSING

TEACHING POINT

TIME – 10 MINUTES

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

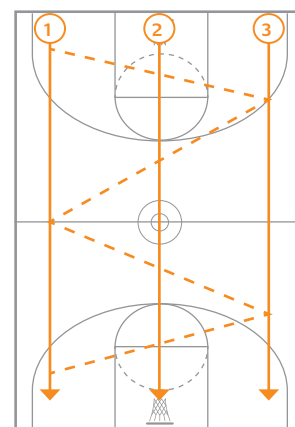
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

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.



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

DRILL TO DEVELOP SKILLS

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.

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.

Basic warm down encouraged.

TIME – 15 MINUTES

Dribbling Stance

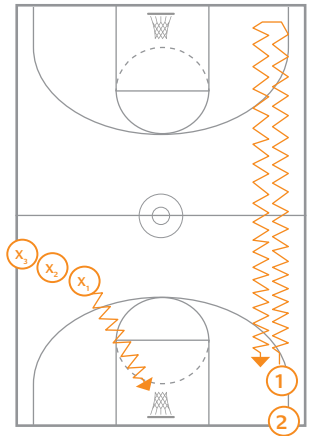
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

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.



TIME – 20 MINUTES

