

Warm-up

Dribble from baseline to touch ¼, ½, ¾ lines dribble back to baseline each time. Change dribbling hand each direction.

Ball Handling

Fingertip handling: juggle ball between hand fingertips, no looking at ball, head up. Easier –tap the ball on ground

Ball Wraps: Around waist, knees, head, figure 8 through legs. Use pads of fingers, go fast as comfortable.

Two ball Dribble: With a partner, dribble on the spot with two balls whilst looking at partner. Swap over.

Body Movement & Footwork

Demonstrate & Practice: Running –*hands ready*. Change direction –*push off back foot (cutting)*. Jump-Stop. Stride-Stop. Pivot –*Forward & Back Pivots*. Jumping for a ball.

Red light/Green light - Spread out on sideline. Coach calls out 'Green' to start & 'Red' to stop. On Red, players perform a Jump Stop. Do the same for stride-stop. No balls first, then try with a ball. Try a stop with a 360d Pivot.

Partner Pivoting: Grab a partner, one ball only. Partner has 10 seconds to grab ball. Protect ball by good pivoting. Forward/back Pivot on each foot.

Jumping Lines: Players line-up along sideline. Facing Coach, Jump over sideline into the court & backward out of court. Try jumping sideways over the line. Try scissor Jumps. **Game**: In/Out Game: Coach yells out 'IN' or 'OUT', get it wrong you are out.

Sliding Defence – feet don't cross. Mass Movement – Coach indicates direction. Move with correct defence posture.

Passing & Receiving

Good balance, knees bent, head up, back straight, wide stance. Fingers relaxed, spread, thumbs behind the ball. Elbows bent. Step towards receiver. Point fingers to target, thumbs to the ground. Give a target hand to passer when receiving. Receiver spread fingers and extend arms, eyes on the ball, bend arms to catch.

Partner passing: Chest, Bounce & Push Passes (left & right). Ensure good execution. Try 2 balls chest & bounce passes.

2 Line Passing: 2 groups facing each other 7 metres apart. Dribble then pass to opposite number. Joining the end of the line you are dribbling to. Maximum of 3 players at each end.

Jog & Pass: In pairs jog up the court passing without travelling if poss, receiver get in front of passer. VAR: Try this with Receiver stopping with a jump stop / stride stop, up the court.

Keepings Off (6-8 players) – 1 or more Defenders in set area. No dribbling. How many touches of ball by defence in a minute. Try with two ball. Forces offence to look up, move and good passes. New defenders, go again.

Shooting Skills *Ring set to 9 foot where possible.*

Balanced stance – feet pointing to the ring, shooting foot in front of the other, strong hand under the ball, support from non-shooting hand, aim at target, bend knees, push elbow up through middle of ball, follow through with wrist snap.

Set Shot – BEEF: Balance-Eyes-Elbow-Flick. Pantomime action without ball 1st, then with ball shoot and catch. With partner. Against a wall. In the air to a partner. Shoot accurately to hit a straight line. At the ring last of all. Technique.

Seven: 3 Groups of 2/3 at a 3 shooting points equal distance close to ring. Take turn of shooting within group. 1 point per point. First group to 7.

Dribble, Stop & Shoot: 3 groups at mid ½ court - use a cone to mark where. One at a time, Dribble close to ring, jump stop and shoot or layup. Return to line. Then the next in line can go.

Modified Basketball Games forms part of the training. **See activities** over next few pages.

Numbers: Two Teams, children in each team given a corresponding number (match to height/gender/age). Coach places 2 balls in middle. Coach calls a number. Those 2 players collect a ball each and dribble to basket to score for their team. 1 point for score. Team first to 7 wins game.

VARIATION: Coach can call 2 numbers. To score for team both team members must score to receive 1 point for team.

AT EVERY SESSION

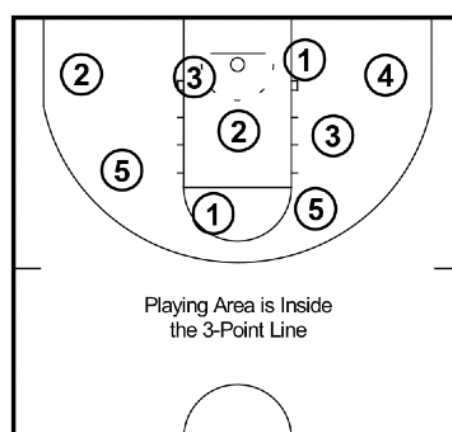
- **Wear the Playball Uniform & ironed.** – Incl Black Shorts/track pants. Don't forget your Whistle.
- **Bring a Mask** for when not coaching. **Sanitise** balls on Arrival with surface spray. **Sanitise** kids hands with Hand spray
- **Gain the children's attention** (look at everyone's eyes), if they are not listening, they are not learning or being a distraction to others. Whilst you are teaching, no one is talking or bouncing a ball.
- **Misbehavior** - Give a warning, you set the rules. If misbehavior continues, invite child to have a rest with mum for a few minutes until they are ready to learn – they can rejoin when they are ready. .
- Whatever you practice on the right side, practice on the left.
- **Keep lines short** – long lines lead to boredom, boredom leads to misbehavior.
- Don't join in the drills – Introduce, demonstrate, get them into activity, watch, give feed back, back into it.
- Keep drink breaks short. Keep starting and finishing times. Use the clock and put on 36 minutes.
- Drill things first before making it competitive. Get the technique right first, so they **practice correct technique.** –
- **Cover all skill areas each week** as much as possible – dribbling, passing, shooting, footwork – pivoting, combining skills. Use activities to practice a combination of skills to mirror game and for fun. Always keep it fun and fresh.

Dribble Knockout

This drill works on ball-handling and protecting the dribble.

All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive.

On the coach's call, all players begin dribbling and attempt to knock each other's basketball out of the playing area. As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner.



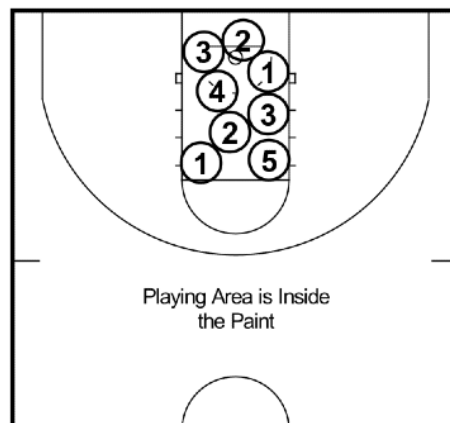
Collision Dribbling

Like dribble knockout except players aren't allowed to hit the basketball of the other players away.

Instead, the aim of the drills is to navigate through and dodge all the other players using dribbling moves and by being creative with the dribble.

All players have a basketball and are in a small space determined by the coach. On the coach's call, all players will start dribbling around each other in the small space aiming to keep their dribble under control.

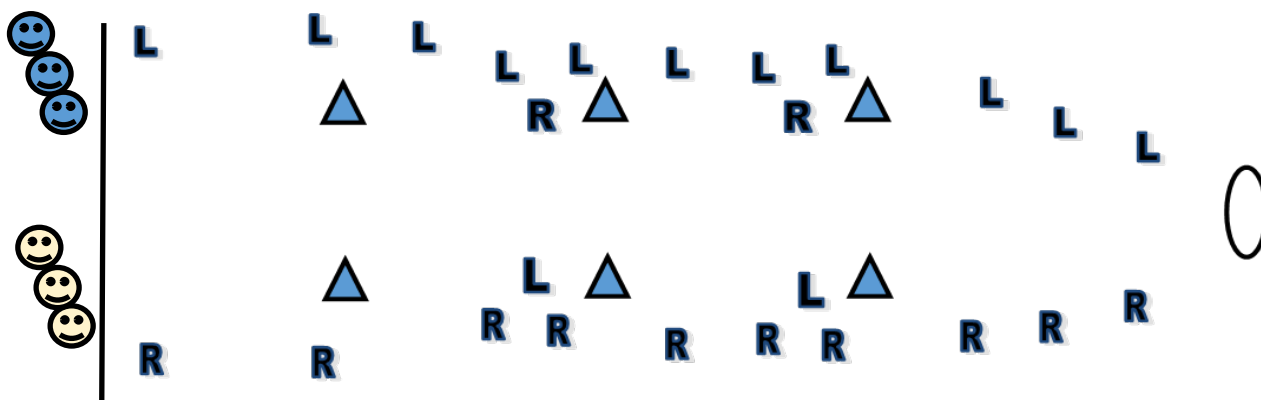
This basketball drill will improve ball-handling because players must react to other players and can't predetermine their actions. It also forces all players to keep their heads up or they'll run into someone!



Coaching Points:

- Keep reminding the players to keep their heads up!
- Encourage players to use both hands. Not just their strong hand.
- Try cross-overs, through the legs, behind the back

DRIBBLE WITH CROSSOVER: Each player with a ball. Two groups. Start at half court. Dribble as indicated. **L** left hand, **R** for right hand. Cross-over-dribble and back at the cone. **Finish** with a layup or Jump Shot. **Variations:** instead of cross over at the cone, try an in-out with same hand, a dribble between the legs, dribble behind the back. Fake the cross-over at the cone. After 4 minutes, coach calls for groups to swap sides to practice other hand

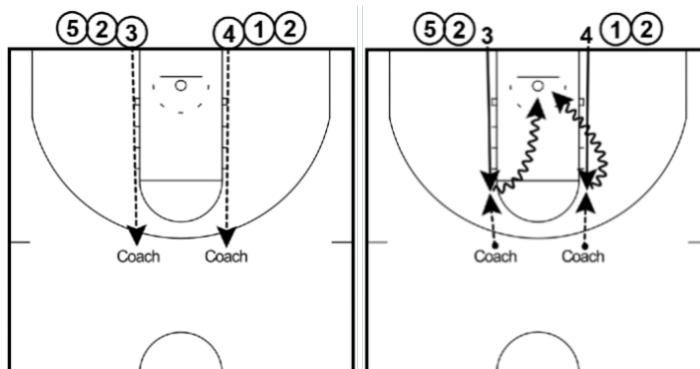


DRIBBLE WITH CROSSOVER: Each player with a ball. Start at half court. Dribble as indicated. **L** left hand, **R** for right hand. After all being through on outside. Coach calls for groups to swap sides to practice other hand.

3. Pivot Shooting

Players perform a jump stop on receiving the pass from the coach, pivot around to square up to the basket, and then make a variety of scoring moves.

Players all start on the baseline in two lines. The coach will be passing to both lines at the top of the key. Every player has a basketball.

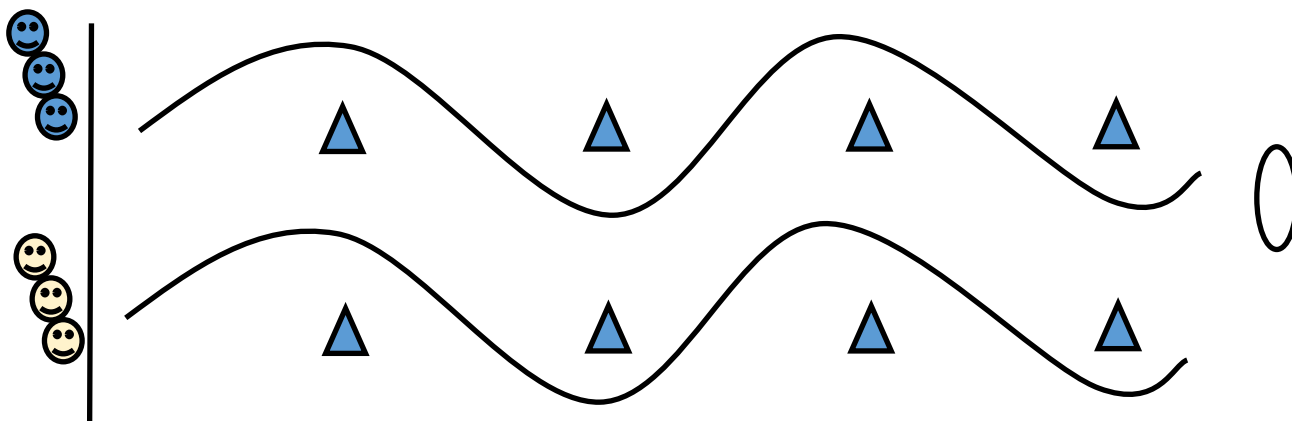


Players will begin the drill by making a chest pass out to the coach in front of them. Immediately after making the chest pass, the player will run to the free-throw line where the coach will pass the ball back.

After catching the basketball in a jump stop, the player must pivot around using good technique and square up to the basket before shooting or attacking the ring. The coach decides which scoring move they want the players to make – Jump shot / Layup

- Make sure every player is jump stopping correctly. Run through this with the players before running the drill.
- Players should not raise up out of their low stance when pivoting.
- Change up whether your team attacks the rim or takes a jump stop. Keep it interesting.

DRIBBLE RACE WITH A SHOT: One ball per group. Start at half court. Dribble as indicated. Cross over at the cones. Finish with Lay up or Jump Shot (Coach to nominate). If miss have one more shot max. Collect rebound & dribble back through cones and pass to team mate. 2 points for jump shot, 1 point for layup. Go through twice each. 3 points bonus for 1st group to finish. Add up team score. Which group won?



Explode, Pivot, Pass

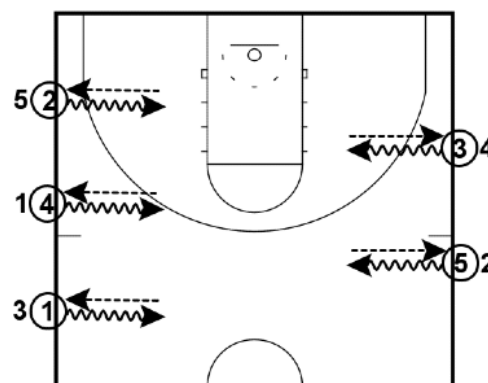
This drill focuses on basic footwork fundamentals.

Players get into groups of 2 or more. 3 players in each group if possible. Each group has one basketball and should start in a straight line behind either the sideline or the baseline.

The player starting with the basketball must begin the drill behind the line in triple threat stance.

Their first action is to take two fast dribbles out from the line and then perform a controlled jump stop. After the jump stop, the player pivots 180 degrees until they're facing their group and makes a strong chest pass to the next person in line. They then jog to the end of the line.

1. No traveling when exploding off the dribble.
2. A controlled jump stop.
3. A controlled pivot. It can be forward or reverse, and with their left or right foot.



Golden Child

Split group up into two teams, a shooting team and a dribbling team. The dribbling teams must run around the half-court one-by-one while the shooters try and get them out.

The dribbling team all have a basketball and they should be lining up at one of the corners of the baseline.

The shooting team will have one or two basketballs and will be lined up around the free-throw line or closer depending on age and skill.

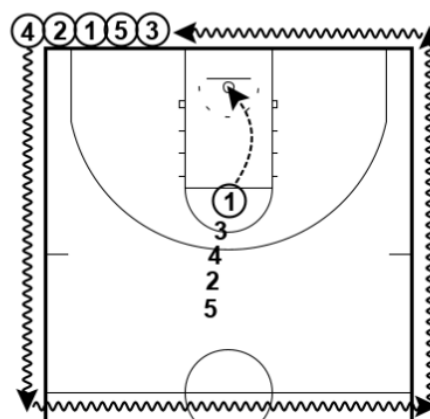
Coach calling out 'go!' which triggers both teams to start.

For the dribblers, the goal is to make as many home run's as they can. A home run is when a dribbler makes it all the way around the outside of the half court and back to the line.

The shooters must attempt to get them out by making a shot. If a shot is made the shooters call out '**STOP**' and the current dribbler must freeze (and stay there). The next dribbler can begin immediately when this happens. If they make it home, they get one run and can join the end of the line to run again.

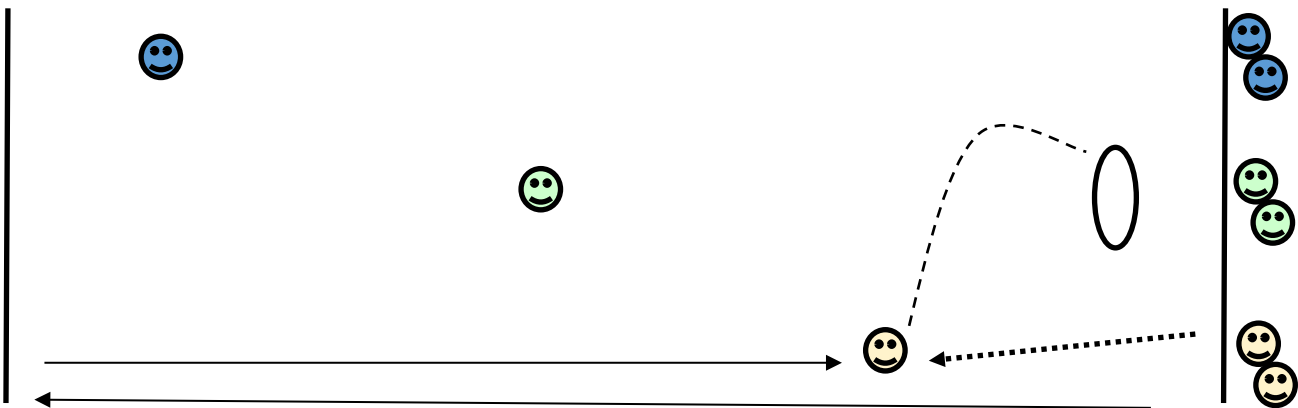
This continues until all the dribbling players are out and then the teams switch roles. The team with the most amount of runs at the end of the game wins.

- The shooting team players must rebound their own shot and pass it back to the next shooter
- If your players are struggling to make shots, consider splitting the shooting team in two and putting them on both elbows or even closer so that they have more chance of scoring



RUN, CATCH & SHOOT RACE:

One ball per group. Up to 3 groups. Start under basket. Players in each group take turns to run without ball to 1/2 court, run back with hands ready to receive the pass from team mate close to the free throw line extended, catch ball and shoot jump shot. 1 point for made basket. Passer once passed immediately becomes next runner/shooter. Shooter joins the end of the line. **Winning Team:** 1st team to 6 points. Or most baskets made in 3 minutes.



DRIBBLE, PASS, SHOOT:

One ball each. Start near 1/2 court. One at a time, dribble **Right** hand to a cone. On passing cone, strong pass to coach positioned around free throw line. Immediately run to the corner, call for the ball for return pass, receive, square up and jump shot. Retrieve your ball and return to end of line. Coach to do same exercise but set up for **Left** hand dribble.

Variation: on receiving the pass back from coach, fake shot, one dribble then shot. Or Fake shot, dribble to basket for a lay-up.

