

PLAYBALL BASKETBALL

TRAIN & PLAY DESCRIPTION / ACTIVITIES



Train & Play about preparing players for competition.

- 15-minutes of Team Training followed by a game of 24 minutes on the clock.
- The T&P game is a training session in a game environment.
- Referee/Coaches – Whistle out of mouth. You are teaching the group constantly.
- Modified rules – see below. To implement as required for inclusion, sharing, improvement.
- Two halves of 12-minute on the Clock, 2-min ½ time. Swap ends.
- Hard on fouls – You need to protect players. Hands-foul, Pushing-foul, (grabbing/swiping – not allowed when player in possession is stopped.)
- Easier on Violations – Travel, Double-Dribble, but you are 'in-their-ear' talking to them.
- When you call a Foul / Violation – You explain the call to the whole group, give a demonstration, ask if they know what they did wrong! You need to teach everyone (and parents)

Warm-up

Body movement exercise. No balls. Coach to lead player's single file. Change the movement type on change of direction. Jog, defensive-shuffle (big to bigger), Backward Step, Cross-step. **Tips:** Straight back, hands ready.

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

How to Play – Aim of game, how do we play, basic rules, court lines/ boundary. Who knows what a Foul is? Can you name one? (*Hands, Block, Charge, Shooting Foul*) Violations? (*travel, double-dribble, out of court, back-court*)

Court Recognition – Know the court. Ask group what line this is and its purpose. Walk group to all lines and do for: Sideline, Free-Throw, Key-sideline, Half-Court line, Baseline. Charge Circle. Now dribble race when coach calls a line.

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.

Partner Pivoting: Teach the group Pivoting. Then partner up, one ball only. Partner has 10 seconds to grab ball. Protect ball by good pivoting. Forward/back Pivot on each foot. Swap over. Change partners & repeat.

Red light/Green light - Spread out on sideline. Coach calls out 'Green' to dribble/run fast, 'Yellow' to dribble/run slow & 'Red' to jump-stop. No balls first, then try with a ball. Try a jump stop then 360d Pivot.

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

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Dribbling 8 mins

Gather your Group to teach: Wide stance, good balance, knees bent, back straight, eyes up, dribble no higher than waist, Fingers spread, push the ball to the ground don't pat, dribble hand on top of ball, Use left & right hands.

Introducing: Demonstrate correct technique then practice. Dribble Right-hand, left-hand, left to right, sitting down, lying down, dribble low, dribble high. Stationary Dribble eyes closed. Alternative hands, Rapid Fire –as fast as possible at knee height. Every 3rd dribble cross-over and back. One-hand only fake cross-over. Figure 8.

Speed dribble. Control Dribble when closely defended. Cross-over dribble to change direction.

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

Dribble Replays: 2 players at each sideline. All have a ball. Dribble to opposite line & join end of that line. Walking pace first, then jog, then run. VARIATIONS – put out cones to dribble through. Have 2 groups and make it a competition. Have one ball and teams must pass to opposite line. Perform a skill at 2/3 points during crossing ie 5 rapid stationary dribble or 360d pivot. You choose skill.

Heads-up Direction Dribble: Players in lines of 4-5 all with a ball. All Players to dribble in the direction the coach is pointing. Players to dribble with eyes on the coach. Coach yells direction and points – Forward-left, Back-right, etc etc.

Dribble & Shoot – Two groups on the base line either side of basket. Place 3/4 cones up each side to half court. Take turns dribbling through cones, changing dribbling hands at each, pass the last cone and return to basket through the middle corridor to have a set shot at the charge line.

Avoid the Taggers Game – Ball for each player on sideline. 1 tagger without ball in the court. A tagger yells **GO** to dribblers to get to other side. When tagged, link arms, get rid of ball & work together to tag more players. When at 4-Taggers, split into 2.

Speed Dribble Game: Players on baseline. Players speed dribble to halfway and back. Last 2 back are eliminated. Eliminated players dribble behind baseline. Last one or two dribblers are the champs.

Dribble Knock Away Game. Set area, All players dribbling - Knock others ball away with free hand. If loose ball, dribble to half then join in again. Keep Head up, change hands, protect ball, control dribble stance.

Passing & Recieving 8 mins

Gather your Group to teach: 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.

2 Line Passing Relay: 2 groups facing each other on opposite sidelines. Dribble then pass to opposite number. Joining the end of the line you are dribbling to.

Jog & Pass: Better on the full-court. In pairs from baseline, jog up the court passing without travelling if poss, receiver get in front of passer. VAR.1: Try this with Receiver stopping with a jump stop / stride stop, up the court.

VAR.2: Pass to partner, then run behind her, and back to your line but moving forward to receive the

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pass back. Partner then passes to you and runs behind you. Repeat and move forward.

Pass Knockdown game: 2 Teams with two cones abutting at each end (or use the Hoop). No dribbling. One ball. Object is to pass ball to a position where the cones can be knocked down or score a basket. Encourage moving to space. Team without ball plays man-2-man defence. **VAR:** Allow up to two dribbles.

Keepings Off game: Area: 3-point arc. 1 ball. Keepings Off team, keep passing while TWO taggers wearing a sash try to touch ball or a player holding ball. No dribbling. How many touches of ball by taggers in a minute. Once pass made must run to new position after running to under the basket. Go for 40 seconds, how many touches/steals? Two new taggers, go again.

Coach Passes to Lead game: Players in a Defence and Offence line on baseline. Offence passes ball to Coach. Coach tries to pass back but defence tries to cut off pass. Once pass made -play 1-on-1 for a basket. Rejoin opposite line. **VAR:** Can try 2 offence & 2 defence at a time.

Lava Floor game: Pair up, 1 ball b/w two. Scatter cones in ½ crt. Stand at 1 cone each near your partner. Pass to partner then run to empty cone. On arrival partner passes & runs to a free cone. 50 sec, how many passes made? Repeat.

Shooting Skills 8 mins Ring set to 9 foot where possible.

Gather your Group to teach: Balanced stance – feet pointing to the ring, shooting foot slightly in front of 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. With Group, Away from the Ring - Pantomime action without a ball first. Get their technique right. Only then, with ball shoot and catch (no-ring). From a line shoot high so ball bounces 2 metres in front.

Dribble, Stop & Shoot: 3 Groups of 3 at a point marked by a cone outside 3 -point arc. Dribble close to ring, jump stop and shoot. Return to line.

Charge line Shooting game – 3 groups of 3, 1 ball per group. Spaced a metre from charge line. Take turns shooting at basket, retrieve your ball to pass to next in group. 1st team to 5-points. Groups rotate and repeat.

Coach pass to players – dribble-pass-shoot options. Players in 2 groups at half court, Coach at free throw line. Run towards coach, receive pass from coach with a jump stop. Dribble past coach & shoot at hoop. Dribbler places ball at Coach's feet and returns to end of line.

Defensive Less focus but promote concept of '*marking an opponent player*' and '*get in-front of player with the ball*'. Stance/Technique. No crossing feet. Back straight, one hand up, eyes up.

Pair up – use sashes. Defending team active man to man Def. Coach tries to inbound a ball. SWAP.

Get That Ball game – Pair up, 5 metres from balls in middle, 10 seconds for offence to get past defences to get ball. Swap over and repeat. Coach to yell out GO.

Offence Court balance. Creating space. Do not bunch up. Positioning on the court.

Passing around the key exercise. Team of 8 space out around 3-point arc. One Ball. From left, player passes to next person and immediately runs to high five coach positioned at the charge line, then returns to same position (encourages pass & move). Next player does the same, with no delay. Last player on

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the right, dribbles the ball to shot, gathers the ball back and dribbles to the 3-point arc on the left. All children reposition one place to the right. Process starts again.

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The Game is a teaching session more than a match. You set the rules to suit teaching. Some ideas:

- 1./ Four dribbles max then must pass or shoot.
- 2./ If stopped with the ball, opposition must stand 1-meter back (no grabbing the ball).
- 3./ Ball must be passed four times before shooting at basket.
- 4./ If passing in from side. Receivers have 3-seconds to be stationary in front of passer, then if not passed to, must run away from the area 5 meters away then can run back to the passer again.
- 5./ A child can shoot at the basket only twice in a row. Then must let another teammate shoot.

Referee [Signals](#) video 5-min / Court [Positioning](#) video 15-mins / More Referee [resources here](#)

TO REMEMBER FOR ALL SESSIONS

1. **Wear the Playball Uniform.** – Incl Black Shorts/track pants. Don't forget your Whistle.
2. Come to practice prepared with a PLAN for the 40-minute sessions.
3. **Gain the children's attention** (look at everyone's eyes), if they are not listening, they are not learning Whilst you are teaching, no one is talking or bouncing a ball. Warning then, take a ball away from the bouncing child.
4. Whatever you practice on the **right side**, practice on the **left**.
5. **Keep lines short** – long lines lead to boredom and misbehavior.
6. Keep drinking breaks short. Keep to starting and finish times. Use the match clock.
7. Drill things before making it competitive. Get technique right, so they **practice correct technique**.
8. **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.
9. **Teaching kids Skills:** Gain their full attention. Introduce the Skill and reason for learning it. **Demonstrate the skill** at full pace. Demonstrate the skill at slow pace breaking it down into the skill elements. Have children Practice skill. Stop after watching for a while, give feedback and pointers to aid correct execution. Children practice some more.
10. **Combine skills Activities:** To make practice fun to attend, make drills challenging, fun, skillful, achievable and competitive sometimes.. i.e. combine dribbling with passing with team work.