

PLAYBALL BASKETBALL 2026 Term of Skills & Activities Training

8 mins **24 mins** **8 mins**

Warm-up

Line Dribble follow the leader, 1 ball each. Use all the $\frac{1}{2}$ court in a figure eight or following line markings. Keep the ball on the *outside hand* with other hand behind the back. Swap the leader. Try with two groups.

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 $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ 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. Walk around the $\frac{1}{2}$ court, all children have a ball at all times. Need for Skills of Passing, Dribbling, Shooting, Spacing & Team Work. 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.

Ball Handling

Fingertip handling: juggle ball between hand fingertips, no looking at ball, head-up.

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

Toss clap & catch: One ball each in space. Throw high, how many hand claps can you do before catching?

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.

Jumping Lines: Players line-up along sideline. Facing Coach, Jump over sideline into the court & backward out of court. 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.

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.

High-Five: Dribble & High-Five. Meet 8-people. Nominate Left or Right hand High-Fiving. Look at their face, have a conversation but don't stop dribbling. Change dribbling hands.

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.

Rob the Nest Game: Players in three teams in 3-areas of 1/2 court. Each Team has 3 balls. On "GO" 1 player from each team runs to rob another team's nest of 1-ball and dribbles back. You cannot stop a player taking your ball. Players take turns, only leaving their nest when the player before them has placed the ball. The winning team is the team that has the most balls in their corner at the end of the 50-seconds.

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.

Construction Sight Game. Two teams Bulldozers & Builders. Place 10 cones 1/2 standing 1/2 on side. On GO ,Bulldozers to knock over up cones with non-dribbling hand. Builders to lift -up down codes. 50 seconds which team won?

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.

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

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: In pairs from baseline, 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.

Pass Knockdown game: 2 Teams with two cones abutting at each end. No dribbling. One ball. Object is to pass ball to a position where the cones can be knocked down. Encourage moving to space. Team without ball plays defence. Variation: 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. 40 seconds, how many touches/steals? Two new taggers, go again.

Coach Passes to Lead game: Players pair-off 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.

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. Practice shooting against the court divider netting.

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.

Patty Mills One Hand: 1 ball each, away from basket - ie against the divider net. Balance ball one hand, cock the hand shoot, all about technique.

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.

Numbers game: All players given a number positioned at half court. 5 balls placed at jump circle closest to ring. Coach calls out 3 numbers then 'GO'. Those players run to collect ball. 1st basket scores 1 point.

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. When you pass, run to under the basket -high five the Coach then back to position. (encourages movement) Try with one/two defenders – not allowed to grab ball. 5 passes then have a shot at goal.

Modified Game All sessions to include a modified game. ½ court use the sashes. Games are teaching session – set modified rules ie 3 dribbles max then pass / No dribbling / 5 seconds only with ball. Encourage spacing, moving, facing basket, passing.

Modified Basketball Games forms part of the training (8 minutes each session)

Coaches pick and choose which modifications they deem appropriate for their session. Play half court, size 5 balls only, Introduce rules: Demonstrate to the group Travelling, Double Dribbling.

VARIATIONS .Can't steal the ball off the person holding it, Make 3,4,5 passes before you can score, Only allowed a certain number of dribbles i.e. 4, Must make at least 3 passes before scoring. Tthe same person can't score more than twice in a row

Numbers game: 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. Coach can call 2 numbers. To score for team both team members must score to receive 1 point for team. **ALT.** Only 1 ball. Coach throws ball onto court calls number(s) and children play 1v1 or 2v2 to score & defend.

½ Court Game: Use sashes provided if necessary, to distinguish teams. ½ court game – after possession change, team must pass/dribble ball to half court first prior to playing offense. Apply Basketball modifications as you wish, listed above. You Referee & Coach the game and teach the rules to the whole group.

YouTube Links

10 Best Basketball Drills for Beginners [HERE](#) Many ideas and drills on YouTube.

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, boredom leads to misbehavior.
6. Don't join in the drills – kids are too small. Observe and teach the group.
7. Keep drink breaks short. Keep to start and finish times. Use the clock and put on 40 minutes.
8. Drill things first before making it competitive. Get the technique right first, so they **practice correct technique**.
9. **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.
10. **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.
11. **Working with Children Checks** – 18 or over, have one please. Free from post Office when volunteering.
12. **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.

DRILL TO DEVELOP SKILLS

PIGGY IN THE MIDDLE

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

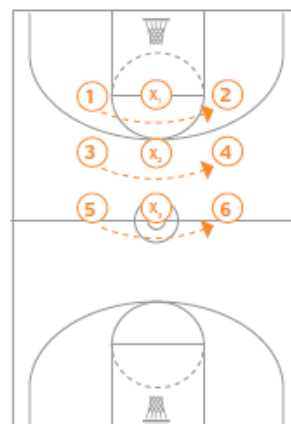
- Form groups of four with a passer, receiver, defender and gopher.
- Defender attempts to stop the ball getting to the receiver.
- Passer needs to fake and pass, pivot and pass.
- Passer cannot lob the pass.
- Passer must wait for the defender to be in front of them to pass.
- Defender keeps track of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

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.



GAME BASED ACTIVITY

DRIBBLING V SHOOTING RELAY

TEACHING POINT

TIME – 15 MINUTES

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 **around the half court** 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.

Dribbling Stance

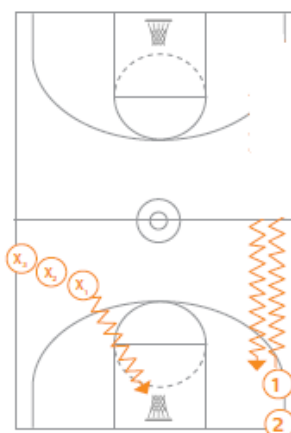
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

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.



MODIFIED GAME

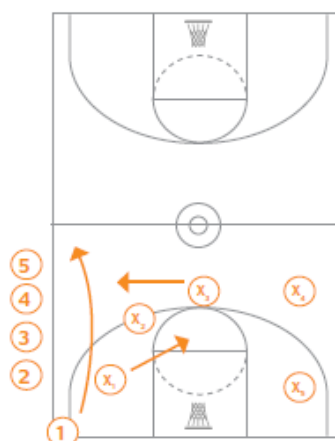
ROLLERBALL

TEACHING POINT

TIME – 20 MINUTES

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.



Basic warm down encouraged.