

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

Tappers – Players in pairs. No balls. Each player tries to touch partner behind the knee. Start by having hands on Shoulders. Alternative – try to step lightly on partner's toes. **Tips:** Stay low, keep on toes.

Stuck in the Mud – Set area ie 3-point arc & baseline. 2 people are IT with a sash. Others avoid being tagged. If tagged, stuck in the mud – perform 5-jumping Jacks to be free. 40 seconds, then Swap IT players so all have a go.

Caterpillar game - Two Teams. Start at ½ court and get to base line. Teams sandwich a ball b/w Back of one player & chest of next. 4-5 in a team. If a ball drops, team must go back 3 metres. Coordination, Teamwork, Fun.

How to Play – Aim of game, how do we play, basic rules, court lines/ boundary. Walk around the ½ 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 ½ 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.

Avoid the Dribblers Game – Players behind sideline on ½ court without ball. 2-3 players on court with ball. Side players must run to safety of other side court without being tagged by the dribblers. If tagged, get a ball & join the dribblers.

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.

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 ½ standing ½ 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?

Team Name Chase Game. 2-groups face each other at split line, say BULLS & GIANTS. Coach tells a story, as soon as the group NAME is mentioned, that group must dribble sprint to safety of their sideline with other team trying to tag.

Passing & Receiving 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.

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. 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.

Dribble, Stop & Shoot: 3 groups at mid ½ court. Dribble close to ring, jump stop and shoot. Return to line.

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

Sevens game: 3 Groups of 2/3 at a 3 shooting points marked by a cone outside 3 -point arc. Take turn withing the group of dribbling to charge line and shooting. 1 point per basket. First group to 7.

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.

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.

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.

Corridor dribble - partners, no ball, switch roles at end

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

Rebounding – block out a man first, then jump for the ball.

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 grap 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.