

# Aussie Hoops

for coaches



# Table of Contents

---

Warmup and Stretching .....	3
Stretching .....	13
Body Movement and Footwork.....	16
Ball Handling.....	18
Ball wraps – Knees/Legs.....	19
Ball wraps – Figure 8 .....	19
Ball wraps – Head.....	19
Copy Cat.....	20
Throw, Clap, Catch .....	20
Dribbling.....	21
Passing and Receiving .....	29
Shooting .....	35
Defense .....	40
Modified Games .....	41

## Introduction

---

Being involved as a coach of players at all levels gives wonderful and rewarding experiences. Coaching provides a great deal of satisfaction whether it is at grass roots or elite level.

Your involvement as an Aussie Hoops coach is extremely important in the overall pathway of Australian basketball players. Since 2002 many of the Australian players have participated in Aussie Hoops helping kids love basketball in running clinics or appearing at the local stadium for camps or other activities. Our next generation of Australian players will have experienced the Aussie Hoops program when they were in primary school!

The beauty of Aussie Hoops is that it is fun for kids, whatever their ability. It can be played inside or outside and through “game sense” activities coaches teach the skills of basketball through games which give the kids maximum activity and learning as possible. Check out the activity cards and teaching points in this manual that can help you with this.

Your role as a coach has a significant part to play in the sportsmanship and behaviour of children and their parents. Continue to promote positive messages to encourage all participants to “play by the rules.”

Thank you for your ongoing commitment and hard work to basketball in Australia. On behalf of the Australian Opals and the Boomers we wish you well in your coaching of this great game. Enjoy your involvement with the Aussie Hoops program!

Yours sincerely

Carrie Graf

Opals Head Coach

Brett Brown

Boomers Head Coach

## Warmup and Stretching

---

Warmup and stretching is a vital part of Aussie Hoops activities. It provides the participant with routine as to what is correct to prepare for physical activity and to help prevent injury.

All warmup activities should cover the 3 P's:

- **Prepare** the body for the activity ahead
- Performance
- Help to **prevent** injury
- Make sure you follow proper stretching technique

Below are warmup activities that can be used by the coach in their Aussie Hoops session.

### **Activity: *Odd Person Out***

**What you will need:**

- Maximum of one (1) size 5 basketball per person;
- A defined area (half or full size basketball court).

**Optional:**

- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 3 players and a maximum of 60 over a full court!

**Age group/skill level:** 5 - 12 years

**What you do:**

- Player moves around by skipping, hopping or running.
- When a whistle is blown or a verbal "stop" is said by the coach, players must gently grab a partner and not be the odd person out. If you are the odd person out, you remain stationary on a spot in the next game.
- If you're out, you can get back in by tipping someone whilst being stationary!

**Activity: Red Rover Cross over (Bull Rush)**

**What you will need:**

- Maximum of one (1) size 5 basketball per person;
- A defined area (half or full size basketball court).

**Optional:**

- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 2 players and a maximum of 30 over a full court!

**Age group/skill level:** 5 – 12 years

**What you do:**

- Can be played with basketballs or without;
- One (1) player stands in the middle of the court (“Red Rover”);
- Remaining players stand on the sideline;
- On Red Rover’s command (“Red rover cross over”), players on the sideline must make it to the other sideline without being tagged by Red Rover;
- Once players are tagged they then help Red Rover tag remaining players;
- The last player that has not been tagged is declared the winner.

*For dribbling:*

Follow teaching points in “dribbling” activities.

**Activity: Mirrors**

**What you will need:**

A defined area (half or full size basketball court).

**Optional:**

- Markers;

- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 2 players and a maximum of 60 over a full court!

**Age group/skill level:** 5 – 12 years

**What you do:**

- Both partners take up a basketball ready stance (1/2 squat) position facing each other
- Each partner grabs the others' shirt
- Partner 2 needs to mirror the movements of partner 1 and ensure that partner 1 doesn't break the hold of partner 2's shirt.
- Movements can be running, sliding or change of direction.
- Partner 1 can move sideways and back
- After the prescribed time partner 1 then needs to mirror the movements of partner 2
- Space athletes out around the court, ensuring they are matched-up with somebody approximately the same height, build etc.
- Athletes begin on coach's cue and stop after 20–30 seconds. Continue this for two sets so both get to be the leader.

*Tips*

- Stay low
- Keep on toes

**Activity:** *Tiger by the Tail*

**What you will need:**

A defined area (half or full size basketball court).

**Optional:**

- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 2 players and a maximum of 30 over a full court!

**Age group/skill level:** 5 – 12 years

**What you do:**

Setup: Played in pairs

- 1 partner has a bib tucked into the back of their shorts ahead
- The partner chases and attempts to steal the bib. The space can be restricted to certain parts of the court e.g. half court or inside the three point line;
- If successful in stealing the bib, they become the tiger with the tail

*Tips*

Correct running technique

- Back straight
- Knees high
- Kick legs out
- On toes

**Activity:** *Line Tag*

**What you will need:**

- Maximum of one (1) size 5 basketball per person;
- A defined area (half or full size basketball court).

**Optional:**

- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 2 players and a maximum of 30 over a full court!

**Age group/skill level:** 5 – 12 years

**What you do:**

- Players stand on one of the lines of the court
- Players must run, staying on ahead the lines and changing direction where the lines intersect
- The person who is “it” must tag another player who becomes “it”

**Activity:** *Tappers***What you will need:**

- Maximum of one (1) size 5 basketball per person;
- A defined area (half or full size basketball court).

**Optional:**

- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

**How many players:**

Minimum of 2 players and a maximum of 30 over a full court!

**Age group/skill level:** 5 – 12 years

**What you do:**

- Players in pairs
- Each player tries to touch their partner behind the knee

Modification:

- Prepare by putting hands on their partners shoulders
- Each player tries to step lightly on their partners toes

*Tips*

- Stay low
- Keep on toes

**Activity: Chain Tag**

- 1 player is “it” and must chase other players.
- As players are tagged they link arms and continue to chase the remaining players.
- Half Court (or defined area)

*Variation*

1. Players dribble their ball until they are tagged.

*For dribbling:*

Follow teaching points in “dribbling” activities.

**Activity: Stuck in the Mud**

- Nominate 3 to 5 “taggers”.
- “Taggers” try to tag other players.
- Once tagged, players must stand still with their feet apart – they are stuck in the mud.
- They can only be released by another player crawling between their legs.
- Full, Half Court (or defined area)

*Variation*

- “Taggers” must dribble and can only tag a player, when dribbling.
- A ball for each tagger

*For dribbling:*

Follow teaching points in “dribbling” activities.

### **Activity: Ball Scramble**

- Players start in half court area, each with a ball
- On command from coach, everyone drops their ball, runs to a designated spot and returns
- While the players are running, coach removes one ball
- When the players get back they must all try and get a ball
- The player without a ball is out. With fewer players, reduce the area or remove a greater number of balls.

#### *Tips*

#### Correct running technique

- Back straight
- Knees high
- Kick legs out
- On toes

### **Activity: Cat and Mouse**

- Players form a circle and hold hands
- Two players are selected to be a cat and a mouse
- The cat starts standing outside the circle
- The mouse starts inside the circle
- The cat must try to catch the mouse
- The other children protect the mouse by letting the mouse pass under their arms but not the cat
- The mouse can only stay in the circle until the circle counts (out loud) to 5. The mouse is out if they stay in the circle longer.

#### *Variation*

- Cat and mouse dribble the ball while playing

The circle moves around while the cat is trying to catch the mouse

### **Activity: Fishing Net**

- One pair face each other and hold hands (they're the "net"), other players are freely spaced around the half court area
- The "net" tries to catch a person by getting them inside the arms
- When a person is caught in the "net" they link hands and help to catch others (net gets bigger every time you catch someone)

- When there are six people in the net, split into pairs and chase again

*Variation*

Players being chased dribble a basketball. See “dribbling” activities for teaching points.

**Activity: Freeze**

- Within a boundary area players run around until “freeze” is called

The players must stop within two steps, a jump stop or a stride stop

**Activity: Lifesaving Relay**

- Split the participants into teams of four and spread teams along baseline (leave enough room between teams)
- Players sprint to halfway line and back to their team
- They then collect player 2 and holding their hand sprint to half way and back
- They then collect player 3 and holding their hand sprint to half way and back
- They then collect number 4 and they all run half way and back holding hands
- First team finished is when the run is done correctly and all members are side by side with toes on the baseline
- Team members should be encouraged not to break their grip

*Variation*

Performing different body movements while doing the race i.e. skipping, jumping, grapevine.

**Activity: Court Recognition**

- Line players on the baseline
- Ask if any of them know what the line is called that they are currently standing on
- Tell them what it is called (baseline) and why it is there for (out of bounds etc.)
- Introduce the sidelines, centre line, 3 point line, keyway, free throw line
- Last one to get to the line you call is out
- You can trick players by yelling out “sideline” and point/fake towards the baseline. If any run the wrong direction they are also out
- Use this game in the first session so that they will be more comfortable with the court and lines for the remaining sessions

*Variation*

*Ship, Shark and Shore*

- Designate a line for “ship”, “shark” and “shore.”
- When the coach yells either of these, children must run to the line.

As they get better, children must use a jump stop/stride stop when stopping at the designated line

**Activity: Ducks & Drakes**

- Divide the group into two teams. One team is called the “Ducks” the other the “Drakes”.
- Line up the two teams either side of the centre line facing each other with about 6 metres in between.
- The coach calls either “Ducks” or “Drakes”. The team whose name is called must run over their team line (the baseline behind them) before being tagged by a member of the opposing team.
- A child who is tagged joins the other team.
- The team with the longest line at the end is the winner.

*Variation*

Dribbling of a basketball can be added. See “dribbling” activity handout for teaching points.

## Activity: *Stretching*

A proper warm up before training and warm down after training is important for all athletes. Warm up should start with some light exercise (e.g. jogging) before any stretching. Stretching should take no more than 10 minutes.

Warm down is the reverse process to warming up and it is important that everybody stretches properly. Stretches should be held for 30 seconds in warm-down.

**Back Stretch** (link hands and push elbows together)



**Shoulder Stretch**  
(Keep elbow parallel to ground)

**Chest Stretch**  
(Use doorway or post)



**Gluteal**



**Neck**



**Groin**



**Calf**



**Hamstring**



**Hip**



## Body Movement and Footwork

---

### *Footwork – Jump/stride stop (stride stop is easier when learning on the run)*

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Run at steady pace
- Jump straight
- Land on balls of the feet, knees flexed



### *Footwork – Forward pivot*

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Pivot on the ball of the foot over the front of the pivot foot
- Stay low
- Maintain low balanced stance throughout, step rather than spin.

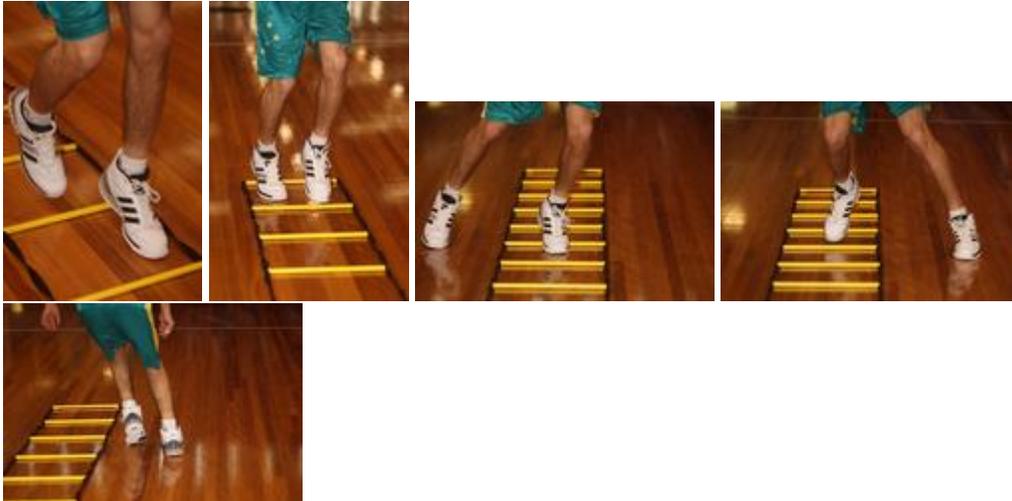
### *Footwork – Reverse pivot*

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Pivot on the ball of one foot behind the back of the pivot foot
- Stay low
- Maintain low balanced stance throughout, step rather than spin
- Look first

### *Ladders*

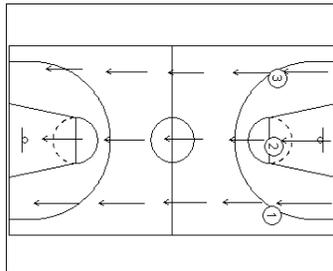
- Keep on toes
- Stay low
- Quick feet

## Aussie Hoops For Coaches



### Activity: *Red light, green light*

- Half Court (or defined area)
- 1 ball to introduce dribbling. Size 5 basketballs are preferred, but if not available you can use soccer, netball or volleyball balls.



- Players line up on the baseline
- On coaches “Green light”, the players start jogging out slowly.
- When the coach yells “Red light” players must do a jump stop.
- Coach then yells “green light” and players start jogging again
- Continue until players reach halfway or other baseline (depending on preferred length)

### *Variation*

1. Have players dribbling a ball.
2. Use a whistle or call “Go” and “Stop” if the analogy of traffic lights will mean nothing to children.
3. Have players use a “stride stop” to stop.

## ACTIVITY

4.

### Jumping lines

Players line up on the baseline/sideline.

- Jump with both feet facing the coach, in and out of the line.
- Jump with both feet facing a side, in and out of the line.
- Scissor jumps.

### In/Out game

On the coach's instructions

- **In** is inside the court, **out** is outside the court.
- Have the players in one line on the sideline facing coach.
- If you say **in** and they don't jump over the line inside the court they are out.
- If you say **out** and they don't stay outside the court then they are out.

## Ball Handling

### Triple threat position left/right hand

- Low stance
- Ready to shoot, pass or dribble
- Eyes up



Back leg should be bent, head over front leg



### Fingertip handling

- Ball to be "juggled" between right and left hand fingertips
- Teach children to not look at the ball and keep their head up
- Go as fast as possible. It's okay to drop the ball!

Tip

*"To make it easier have players roll the ball around themselves on the ground!"*



# Aussie Hoops For Coaches

## Ball Handling

- Use pads of fingers
- Maintain a strong and balanced stance
- Avoid looking at the ball and keep head up
- Keep the head as still as possible and always between the two feet (not leaning to one side)
- Go as fast as possible. It's okay to drop the ball!

## Ball wraps – Waist

1. Teach to not look at the ball and keep the head up
2. Go as fast as possible. It's okay to drop the ball!

## Tip

*“To make it easier have players roll the ball around themselves on the ground!”*



## Ball wraps – Knees/Legs



## Ball wraps – Figure 8



## Ball wraps – Head



## Aussie Hoops For Coaches

### As they get better...

*“Try full body wraps - around the head, then the waist and then the legs!”*

### Now let's play!

*“Make it a relay race or how many wraps in 30 seconds individually!”*

## ACTIVITY

### Copy Cat

- Players find a space in the Half court where they can see the Coach
- Coach demonstrates the following ball handling skills:
  - Finger Tips
  - Head Wraps
  - Full body wraps
  - Knee Wraps
  - Figure 8

#### *Variation*

- “Coach Says” or “Simon Says” using the ball skills from the “Copy Cat” activity
- Use higher level skills and do it faster
- Do skills standing, kneeling, sitting and lying down

### Throw, Clap, Catch

- Player throws the ball in the air and claps once before catching the ball
- On each throw the player increases the claps by 1
- If the player does not complete the correct amount of claps or drops the ball they are out
- Players who are out sit, with the last player standing being the winner

#### *Variation*

Player throws the ball, claps and catches it behind their back.

#### *Tips*

1. Throw a short distance first and work towards longer distance
2. Keep eyes on the ball
3. Use “soft” hands to catch

## Dribbling

---

- Wide stance - Good balance, knees bent, back straight and comfortable!
- Eyes up when dribbling
- Dribble no higher than waist high
- Fingers spread and push the ball and make it bounce loud
- Dribbling hand on top of the ball and other hand protects the ball
- Use both left and right hands



All dribbling activities require the following teaching points:

1. Wide stance - Good balance, knees bent, back straight and comfortable!
2. Eyes up when dribbling;
3. Dribble no higher than waist high;
4. Fingers spread and guide the ball rather than “patting” it;
5. Dribbling hand on top of the ball and other hand protects the ball.

## ACTIVITY

### Introducing Dribbling

- Have players form a circle around the centre court circle and take 1-2 steps out of the circle to create space. This can also be done in pairs, one ball per pair.
- Coach is to be in the middle of the circle demonstrating each skill
- Ask players if they know how to dribble with 1 finger, elbow, knee, back of hand and more
- Perform each dribble at waist height, as low as possible and as high as possible
- By teaching the player how to dribble with different parts of the body they see that dribbling the correct way is easier and more useful
- Start introducing the correct dribbling technique
- Dribble right hand, left hand, left to right, dribble sitting down, dribble over legs while sitting down and more
- This is a fun way for players to get introduced to dribbling

### As they get better...

- Alternate hands
- Rapid fire – dribble as fast as possible at knee height
- Magic five – Every fifth dribble change hands and then back
- Figure 8
- Blur
- Pendulum – Swinging the ball as wide as possible
- Single/Double dribbling combination (
- “Blurr” dribble

### Variation

- Partner/Coach holds up numbers while ball handler dribbles and calls out numbers
- “Copy Cat” (see “ball handling”)

### Snake Dribbling

- Group is split into two teams
- Two balls are placed in the centre circle
- Each team is lined up opposite each other on the sidelines, teams are spread out along the sidelines
- Each team member is told a number by the coach (they must remember this number)
- When the coach calls a number the players with that number must run and grab a ball and dribble to the first player in line
- Then dribble in and out of each team mate in line, just like a snake
- Once the player has completed dribbling through the team, ball handler must dribble to the centre circle and place the ball down and run back in line
- First player back wins, ball must not roll out of the circle or other team wins!

## Aussie Hoops For Coaches

- Let all the kids have a run!

### **Dribbling Relays**

- Players stand in 2 lines facing each other. There should be 2-3 players in each line.
- First player in line dribbles across to the opposite line (and then joins the end of that line). Players should walk initially while dribbling and may need to use 2 hands or catch the ball between bounces initially.
- Enough Balls for each team of 4-6 players to have 1 ball

#### *Variation*

1. As players become confident they can jog and then progress to racing between teams.
2. Can have players dribble around a cone rather than just to another line.
3. Have players dribble through cones (placed approximately 2 metres apart). They must dribble the ball while weaving through the cones.

### **Crossover and Skill Relay**

- Played similar to normal dribble relays
- At every quarter court the participants must perform a crossover or a skill e.g. first quarter – cross over, second quarter – behind the back, third quarter – 10 rapid fire dribbles, fourth quarter – full body wrap
- This is repeated on the way back as well
- First team to have completed the relay wins

**Note:** Designate the skills to the level of participants

#### *Variation*

Half court relay (for younger participants)

## Aussie Hoops For Coaches

### **Dribbling Red Rover**

- Nominate 3 players who are taggers, they each have a basketball
- All other players lined up on the baseline
- On call players run to either centre line or baseline, while the taggers dribble and try to tag
- The taggers must be dribbling the ball in order to tag someone
- Once tagged the player grabs a ball and joins the “tagging” team
- Game finishes when everyone is tagged

#### *Variation*

Everyone starts with a ball

### **Dribble Tag**

- Use the half court as the boundary
- Three players are nominated to be “it” and have basketballs
- They must be dribbling at all times and tag the other players
- Once tagged the players are out
- Last player in is the winner

#### *Variation*

- All players with a ball
- Taggers recognized by shirt tucked in, bib etc.

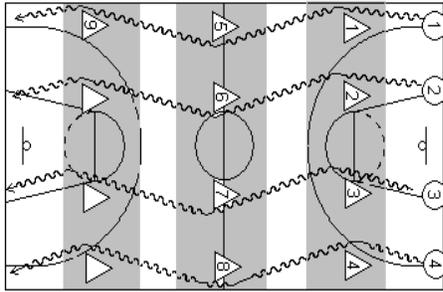
### **Crossover Dribbling**

- Group players into 2-4 groups
- Split each group up with ½ on baseline and ½ on halfway line
- Players from each side of the line dribble towards each other
- At halfway point player must perform a skill (crossover, around the back dribble etc.)
- Key is to perform the skill the opposite way to the other player so that you do not collide with your group mate (diagram)
- Can be performed as a race

### **Heads up Direction Change**

- Players organized in lines of 5-6 in the centre of the court
- The aim of the game is for the players to dribble in the direction that the coach is pointing, using the controlled dribbling stance, while maintaining control of the ball
- The players are only to dribble three steps in the direction the coach points
- As they progress change directions more often

**Cross Over Game**



- Four players line up across the foul line, halfway and other foul line without a ball, everyone else on the base – line with a basketball
- They have a designated area (shaded in diagram) that can move in
- Players have to dribble to the other end of the floor without being tagged by the players.
- Can be played length ways or across the court

*Variation*

**Statue Crossover**

- Player dribbles out to their partner standing 3 meters in front.
- Once they get to the “statue”, the dribbler makes a crossover dribble to go around.

**Rob the Nest**

- 15 – 25 basketballs
- 5 hula hoops/bins
- Place a hoop in each corner of the half court and one in the middle
- Place 3-5 balls in each hoop
- Have four even teams in each corner of the half court
- On “go” 1 player from each team steals a ball from another hoop and dribbles it back to their hoop
- Once the ball is back in their hoop the next player goes after another hoop to steal another ball
- This continues until each player has been at least 2 times
- Game ends in time limit or at coaches discretion

*Variations*

- Walking wraps back to their hoop
- Figure 8 back to their hoop
- Or any other ball handling skill can be used

## Aussie Hoops For Coaches

### Speed Dribble Knockout

- Players lined up on the baseline in a maximum of 6 lines
- Players dribble to half and back using speed dribble
- The last player back is knocked out
- Continue this game until one player has won the game

#### Variations

“Speed dribble decrease”

- Players lined up on the baseline in a maximum of 6 lines
- The objective of the game is to reduce the amount of dribbles it takes to get to full court
- As the game progresses eliminate players who do not make the amount of dribbles required
- Decrease the number of dribbles allowed until there is a winner or the players can do no less

### Wolf and Sheep Game

- Have the players start inside the three jump circles with a ball each
- One player is the wolf outside the circles
- When coach says “the wolf isn’t here” the sheep can move freely throughout the court (the wolf can move too, but cannot touch the sheep)
- When the coach says “here comes the wolf”, the wolf can touch as many sheep as possible that are outside of the circle
- The sheep who don’t make it into one of the circles and are touched become wolves and the game continues

### Dribble Swat

- Players must dribble around continuously within the area, attempting to knock with their free hand other players’ balls out of their control.
- Players are eliminated from the game by:
  1. Having their ball knocked out of their control
  2. Going outside the defined area; or
  3. Double dribbling
- Reduce the size of the playing area as numbers decrease

If eliminated, either:

1. sit on the sideline and continue to dribble; or
  2. dribble continuously around the outside of the area
- 1 Ball per player
  - Half Court (or defined area)

#### Tips

1. Keep head up while dribbling
2. Use non-dribbling arm to shield the ball
3. Change hands and direction (including going backwards) to avoid other players
4. Use “protected dribble” stance

### Dribble Practice

- Players stand approximately 2 metres apart from their partner, facing each other.
- Using 2 hands, each player tries to bounce the ball in front of their body as high as they can

## Aussie Hoops For Coaches

to themselves. Then bounce as low as they can. Then bounce at waist height (which is the height for dribbling!) After short time, pass the ball to partner for their team

- Using a 2 handed dribble, each player must bounce the ball to themselves 5 times before passing to their partner
- Try 1 handed dribbling – dribble 5 times and pass to partner
- 1 hand dribbling while looking a partner. 5 passes then pass to partner. Partner can pull faces and try to make person dribbling laugh.

### **Gang Up Tiggy**

- Players spread out inside the half court, each holding a ball..
- 1 player is nominated as “it”.
- The player that is it dribbles their ball and chases other players trying to tag them. Players being chased do not dribble their ball. When tagged, that player also starts to dribble and tries to tag players.
- The last child to be running in the area without being tagged is the winner.
- 1 Ball per player
- Half Court (or defined area)

### **Dribble Knockout**

Players dribble their ball and try to knock other balls away.  
They must stay within the half court (or smaller area).

- 1 Ball per player
- Half Court (or defined area)

#### *Variation*

- When a player’s ball is knocked out of the area they are out.
- Last player left in area is the winner.

### Row Your Boat

- Players line up in their groups, standing one behind another. They should be arms length distance from the person in front of them.
- Player at the front of the group bounces two balls, dribbling them at their side. They dribble the ball behind them, until the person behind them can start dribbling. The group must dribble both balls up and down the group.
- Players take over dribbling from the person in front – they do not catch the ball and start dribbling.
- 2 Balls Per Group

#### *Tips*

1. The person behind must talk to the person in front and tell them when they are ready to dribble the ball.
2. Dribble the ball hard so that it bounces up to your waist

#### *Variation*

When the ball gets to the end of the group, that person must dribble both balls to the front of the group.

Continue until each player has dribbled from back to front.

### Pacman

- All players must stay on one of the lines marked on the court.
- Players spread out, with 3 being “it”.
- Those players have a ball and dribble along lines trying to catch others. When they catch someone they hand them the ball and change roles.
- 3 Balls
- Half Court (or defined area with lines on it)

## Passing and Receiving

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Fingers relaxed and spread, thumbs behind the ball. Elbows bent
- Step towards the receiver to make the pass
- Point the fingers to the target and the thumbs to the ground
- Give a target when receiving
- Spread fingers and extend arms
- “Eyes on the target”
- Bend arms to catch



### ACTIVITY

#### Piggies in the Circle

- Groups of 7
- 1 ball per group
- Five players form a circle, the other two are “piggies”.
- The players numbered 1 to 5 must pass the ball to each other but cannot pass to the person either side of them. The players numbered 6 and 7 defend.
- If a defending player touches the ball he/she becomes a passing player. Whoever made the bad pass becomes a defending player.

#### Tips

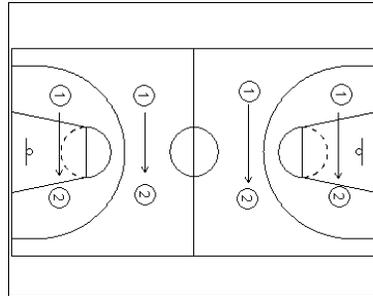
1. Fake a pass to make a pass
2. Throw flat passes

#### Captain's ball

- One player is out in front of the group.
- The group is in a straight line one behind the other, facing the person at the front.
- After each player receives the ball and returns it, they bob down.
- The last player in the line to catch the ball runs to the front to become the new thrower.
- The person at the front moves to the front of the line.

**Pairs passing**

- Players stand approximately two (2) metres apart, facing each other;
- Players perform:
  - Chest pass
  - Bounce pass
  - Push pass (left and right)
- Perform each type of pass for one (1) minute.

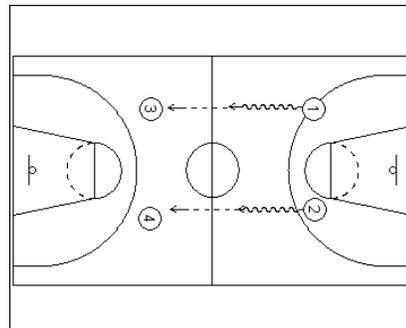


*Variation*

Try two balls, one player chest passes and the other bounce passes!

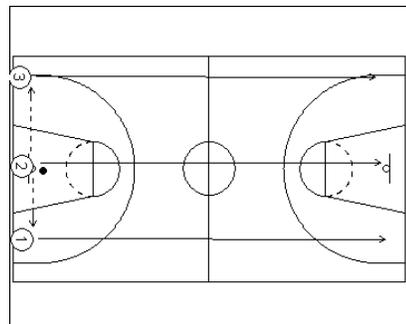
**2 line passing**

- 4 groups, 2 opposite 1 another parallel to side-line, 2 opposite 1 another parallel to baseline. Players have to take 1 dribble & pass to opposite line.
- Mix up the passes, chest pass, bounce pass, overhead pass.



**3 lane passing**

- 3 lines on the baseline.
- 1 ball between 3 players.
- Passing back and forth up and down the court.



*Variations*

Chest pass or bounce passes

**Three Person Weave**

- Players in three lines on the baseline, one player in the centre and one player each side at least 2-3 metres away
- Start with a ball in the centre line
- When the ball is passed to any player the “passer” runs behind the receiver
- This continues up the court creating a weave
- Remember to keep spacing between players

*Variation*

Player finishes with a layup or shot

**Boers Passing**

- Group is split into two teams

## Aussie Hoops For Coaches

- Two balls are placed in the centre circle
- Each team is lined up opposite each other on the sidelines, teams are spread out along the sideline
- Each team member is told a number by the coach (they must remember this number)
- When the coach calls a number the kids with that number must run and grab a ball and dribble to the first player in their line (approximately 2 metres apart)
- Then proceed along the line of team mates passing the ball
- Once the player has completed passing to all team mates, the player must dribble the ball back to the centre circle
- Place the ball down and run back their line
- First player back wins, ball must not roll out of the circle or other team wins!
- Continue letting all kids have a run!

### *Variations*

Get kids more involved, let each team create a name for their team!

Different passing styles (chest, bounce etc)

### **Chain Passing**

- Players in three lines on the baseline, one player in the centre and one player each side at least 2-3m away
- Start with a ball in the centre line
- Centre player alternates passing to each side
- Players are walking to start, then jog, then run
- Ensuring that the ball is always passed forward (to a leading hand)

### *Variation*

Finish with a layup or shot

### **Circle Passing**

- Participants in a circle, at least one metre apart
- The game begins with participants passing the ball around the circle
- The coach designates what sort of pass and where it is to be passed
- For example; Bounce passes across the circle (participants must perform a bounce pass only across the circle)
- Or: Chest pass around the circle
- Coach can also change the direction of the passing if they are passing the ball around the circle. They do this by calling "other way"
- If a player drops the ball they must sit down
- Last player left wins

### *Variation*

- Coach calls "stand on one leg" etc
- The players have to stand on one leg (or perform chosen act) while continuing to pass the ball
- Play with multiple balls

## Aussie Hoops For Coaches

### Money Ball

- Players partner up and face each other in a circle of 4 or 5 partners
- Each partner passes their ball to each other as a chest pass
- One partner has the “money ball”, all other partners try to knock the money ball while it is in the air
- If they do knock it, then they get the money ball
- Players can only knock the money ball while it is in the air and must keep passing their ball like a hot potato

### Pass Knockdown

- Split players into two even teams
- Utilising court markings distinguish playing area
- At the end of each area there are two cones/witches hats placed next to each other
- Players must not foul
- Teams must utilise passing to progress the ball with the other team defending
- Aim of the game is to progress the ball to a position where the ball can be used to knock down the cones
- No dribbling allowed
- One point given for knocking the cones down
- Once the cones are knocked down game can be restarted with a jump ball or with the team that was just scored against starting with the ball
- Outline an area around the cones that both offence and defence cannot enter.

### Blind Receiver

- Participants in groups of two
- One partner lines up on the baseline (any line will be appropriate)
- Their partner then lines up opposite them, approx 2-3 metres away (one with a ball)
- The partner without a ball (receiver) lines with their back to the other player (passer)
- One the coaches call the passer makes a chest pass to the receiver
- If the receiver is too slow to turn around and receive the ball they are knocked out
- As less players are still in the game the slowest team to make the pass is out
- Last team left wins

#### *Variations*

Passer calls left or right and the receiver has to pivot to their left or right to receive the pass

### Scatters passing

- Players start in a circle. Start the drill by handing one ball around the circle calling the name of the person you are receiving from and passing to. On the coach’s call, all players must scatter over the court passing the ball to the same player every time that was next to them in the circle. (e.g. Mark will catch from Simon and pass to Candice every time)

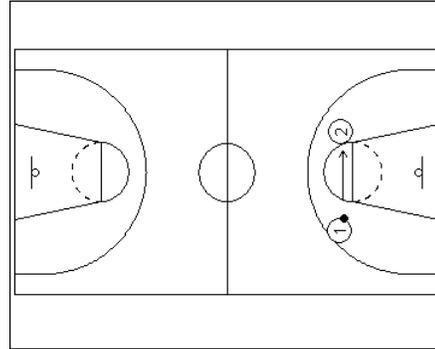
### Pass & Slide to key & shoot

## Aussie Hoops For Coaches

- Two lines at the centre court. Pass to each other while sliding down the lane.
- One player gets to shoot when in the key.

### Piggy in the middle

- In groups of 4 – 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 sec to a min.

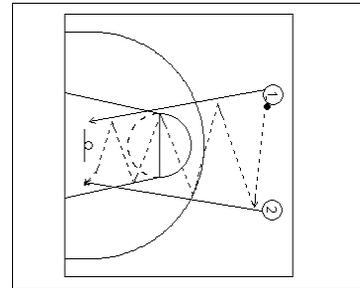


*As they get better...*

- How many passes can be made without dropping the ball
- *“How many passes can they get in 30 seconds?”*

### Pass Tag

- 1 Ball
- Full, Half Court (or defined area)
- Nominate 3 to 5 “taggers”.
- “Taggers” must pass the ball to each other and try to tag other players, when they are holding the ball.
- “Taggers” cannot move when they have the ball.
- When tagged players leave the playing area and jog continuously around the outside of the court until everyone has been tagged.



*Variation*

Increase the number of “taggers” to at least 6 and give them two balls.

- 2 balls

*Tips*

1. Lead for the ball
2. Move (cut) to a space near another player after you pass

### Tallyball Touchdown

- Two teams of 6 to 8 players.
- Aim is to complete (minimum) six consecutive passes then pass the ball to a team mate in the touchdown (shaded) zone.

## Aussie Hoops For Coaches

- One point is scored when the player in the touchdown receives the ball after the minimum six consecutive passes.
- After a point is scored the opposing team takes possession from the touchdown zone.
- A new count starts each time there is a fumble, or interception.
- No dribbling, no travelling, no fouling. If a violation occurs, possession is taken from the side line.
- 1 Ball per game
- Full Court (or defined area)
- Bibs for opposing teams

### *Tips*

1. Lead for the ball
2. Keep spacing, don't crowd the ball
3. Defend one player each
4. Move (cut) to an open space after you pass.

### *Variation*

Allow players one or two dribbles.

### **Fastbreak Partner Passing**

Passing on the move, using:

1. chest pass; or
2. bounce pass.

Players must maintain the ready position as they move sideways passing the ball back and forth to each other. Continue up one side of the court/area and back down the other.

- 1 Ball per pair
- Full Court (or defined area)

### *Variation*

Run forwards while passing the ball.

### *Tips*

1. Show a target and call for the ball
2. Receive the ball in the target area
3. Pass the ball slightly in front of the receiver

## Shooting

---

- 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
- Follow through



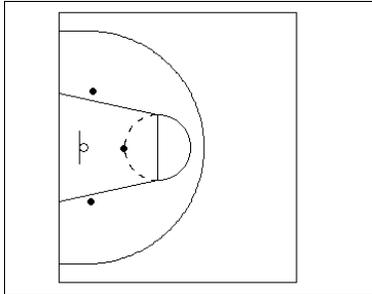
### Shooting from a Chair

Suitable for upper body shot technique or for shooting out of a wheelchair.



ACTIVITY

**Seven**



- Push elbow “up” through the middle of the ball
- Players shoot from designated spots, within their range
- Follow through, “lock” the elbow
- Power comes from the legs
- Shoot “up” not “at” and “snap” the wrist
- Each shot is worth 1 point
- First team to 7 wins

**Circle Pass Shooting Race**

- Players divided into two teams, a passing team and a shooting team
- The shooting team must have all players successfully score a goal
- At the same time the passing team will be passing the ball around the circle with someone in the middle making the passes
- Once the shooting team has finished the number of passes made by the passing team is tallied
- Teams then reverse roles with the winning team the one with the most passes

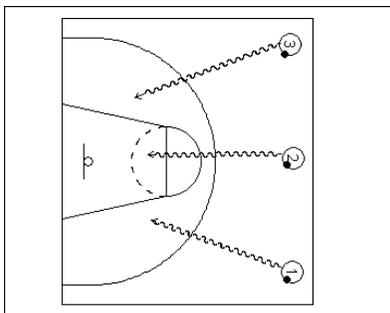
*Variations*

Shooting – Do the same thing except shooting from a designated spot

Passing – See circle passing

**Note:** This game can be chopped and changed to your own discretion e.g. shooting v passing, passing v layup, dribbling v passing.

**Dribble, stop & shoot**



- Lines at the centre.
- Dribble to inside the key.
- Two foot jump stop and shoot.

**Elimination (Shooting Knockout)**

- Participants in one line at designated shooting spot (foul like, dotted line etc)
- Both the first and second players in line have a ball
- First player shoots

## Aussie Hoops For Coaches

- Once the first shooter's ball has hit the rim the second player in the line can shoot the ball
- After shooting their first shot, players can rebound their ball and shoot again from anywhere on the court
- If the second player makes the basket before the first, the first player is knocked out
- If the first player makes the basket first they pass the ball to the next person in line and return to the back of the line
- The game continues on the basis that if the player behind gets the ball in before the player in front, the front player is knocked out
- Game continues until there is one player left

### **Knockout (Chair)**

- Participants in one line behind designated shooting spot
- The first player shoots the ball from the spot
- If unsuccessful they sit on the knockout chair (or stand on a knockout spot: block etc)
- If successful they are safe and return to the back of the line
- Next player shoots, if they are successful and there is a player on the chair/spot the player on the chair is knocked out
- If they miss they replace the player on the chair and the previous player is safe and returns to the back of the line
- The game continues until the winning player is left

### **Numbers Shooting**

- Participants line up at halfway line, facing the basket (15 kids per basket)
- If there is too many participants (more than 20) use two baskets (if available)
- Every participant is given a number
- Place 3-5 balls in the jump circle closest to the basket
- Coach calls out between 3-5 numbers and designates a type of shot to make (layup, block shot etc)
- The first player to score gets 3 points, the second 2 and the third 1
- Keep score with pen and paper
- At the end of the game the player with the most points wins

### Shooting Race

- Players divided into two teams, a dribbling team and a shooting team
- The dribbling team must have all players dribble from one end of the court to the other twice
- At the same time the layup team will be performing layups
- Once the dribbling team has finished the number of layups scored by the layup team is tallied
- Teams then reverse roles with the winning team the one with the most baskets
- Utilise both hands for dribbling and shooting depending on age of children

#### *Variations*

Shooting – Do the same thing except shooting from a designated spot

Passing – See “circle passing” (page

**Note:** All of these games can be chopped and changed to your own discretion e.g. shooting v passing, passing v layup, dribbling v passing.

### Sink the Titanic

One team Titanic: (maximum of 10 participants per team/per hoop)

- Participants line up at a designated shooting spot (specific to age/ability playing)
- The aim of the game is to keep the team alive for as long as possible
- The game starts with the first person in line shooting
- If they are successful they are safe and return to the back of the line
- If they are unsuccessful they must get on the “Titanic” (baseline)
- If the next shooter is successful they save the first person from the titanic
- If unsuccessful they also go on to the Titanic at the back of the line
- With every successful shot the player from the front of the Titanic line is saved
- The game continues until everyone is on the Titanic and it is therefore “sunk”

#### *Variations*

Multiple team Titanic: (played when there is more than 20 participants or insufficient supervision for two rings)

- Played the same as one team, except that there is two teams playing per basket (one side of the basket each)
- The two teams play against each other
- The last team still playing wins the game
- Make sure each team shoots after the other

*As they get better...*

## Aussie Hoops For Coaches

- The last player (the captain) shooting for a team can save everyone by shooting from further away from the ring
- If this is successful then the next round is played with every player shooting from further out

### **"21"**

- Divide participants into 2 or 4 teams
- 2 teams per basket
- Nominate a spot for each team on either side of the basket (block/elbow)
- Each player shoots the ball from designated area
- 2 points if the shot is successful
- If the ball is rebounded after one bounce only, the player can take a shot from wherever they rebound the ball
- If the second shot is successful it is worth 1 point, they can do this regardless of whether the first shot was successful
- First team to 21 wins
- Must start and finish on a 2 point shot

#### *Variation*

Change how many points they must reach

### **Shooting Rob the Nest**

- Place four hoops on the baseline under the basket and four along the halfway line
- Place 3-5 balls in each corner of the half court and one in the centre (see diagram)
- Have four even teams lined up behind the hoops (except the one in the middle)
- On signal from coach the first player from each team runs and grabs a ball from any hoop
- They must then score a basket before dribbling the ball back to their hoop
- Once back at their hoop the next player from the team goes

#### *Variation*

- Introduce the use of other skills in order to bring the ball back to their own i.e. body wraps, figure 8's while walking.

### Crocodile

- Players take a shot (distance will depend on experience of the group)
- If it misses, the player(s) is “out” – and going to be eaten by the crocodile
- When a shot is made, one player is saved from the crocodile and can rejoin the line.
- Continue for a set time or until everyone is out.
- 1 or 2 Groups
- 1 ball per group

### Variation

Have more than one group, with groups competing against each other, to see who can have the most people still in at the end of a set time.

## Defense

---

Defense needs very little focus in Aussie Hoops. It is suggested that concepts like “mark an opposing player” and “get in front of the player with the ball” be the key teaching points at this level.

### Teaching Points

- Feet at least shoulder width apart
- Knees flexed
- Back straight
- Nose behind toes
- Mark a player
- Get in front of the player with the ball

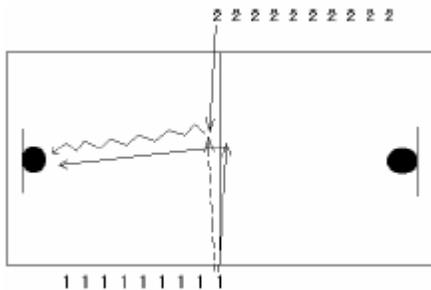


## Modified Games

### ACTIVITY

#### Pickup and Chase

- Player from Group 1 rolls the ball out to the middle of the court to a player from Group 2, and follows the rolling ball.
- Player from Group 2 picks up ball and attempts to score at either basket.
- Player 2 may use a fake towards opposite basket **before** dribbling.
- Player from Group 1 chases player from Group 2 and attempts to defend. As soon as first pair moves towards goal, next pair commences.
- Players must change lines after each turn.
- One point is scored for hitting the ring, two points for a goal. Keep individual scores.
- 5 balls
- Full Court (or defined area)



#### Tips

1. Use fakes before dribbling
2. Try to dribble to one side of the basket or the other (not right at it)

#### Numbers

##### Two ball numbers

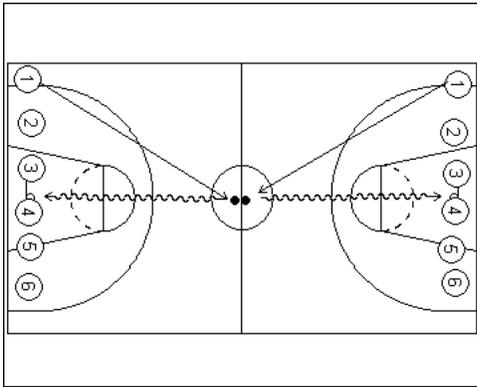
- Participants in two teams and each with a number (see diagram)
- Designate the same number to players that match height or skill levels
- Coach calls out a number(s) and throws the balls onto the court
- The corresponding numbers must come out, collect the balls and be the first to make a basket
- The player(s) that successfully makes the first basket scores a point for the team
- If more than one number per team is called out, all players called must make a basket in order for their team to score a point
- Play first to 10-15 wins the game

##### One ball numbers

- Set up and played as two ball
- Only one ball is used

## Aussie Hoops For Coaches

- Using one ball turns it into a 1 v 1, 2 v 2, 3 v 3 and up to a 5 v 5 game



### Sideline Basketball

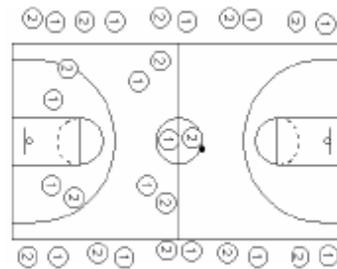
- Two teams of 15 players, 5 players on court, the remaining players alternate along each sideline as per diagram. Can play with 12 players (4 on court) or 9 players (3 on court).
- On court players can pass to their team mates on court or use their sideline players as a release.
- Two points are scored for a basket. One basket is scored if the ball hits the ring.
- At regular intervals rotate players from one sideline with the players on the court.
- 1 ball
- Full Court (or defined area)
- Bibs for opposing teams
- Whistle

#### Tips

1. Lead strongly and call for the ball
2. Use passes more than dribbles (particularly passes to the sideline).

**Note:** Where basketball rings are not available you can use:

1. Bins
2. Drawn target
3. Milk crate on fence



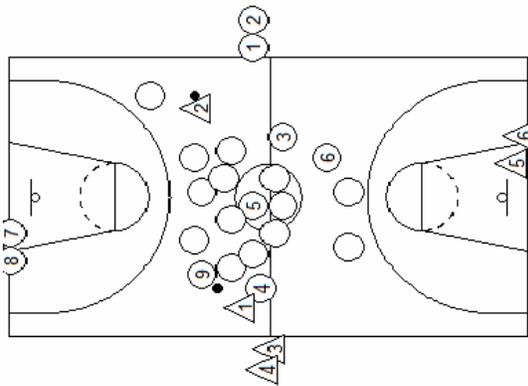
## Aussie Hoops For Coaches

### Crazy Ball

- Maximum of eight (8) players from each team on the court at one time;
- Substitutions for teams are to be in a group on the sideline or baseline;
- Substitutions can be "live" providing they are still outside the court boundaries;
- Team with the highest number of baskets wins!
- Players without the ball cannot steal it out of opposing players' hands – "No grabbing rule".

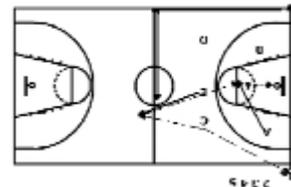
1. Look to pass before dribbling;
2. Players should move their feet when defending rather than reaching in to get the ball. This will avoid fouling.

*"Move to an open space so the ball can be passed easier".*



### Rollerball

- Two teams are chosen: Running Team and Fielding Team
- Stance – Good balance, knees bent, –head up, comfortable, back straight, –wide stance
- 1/2 court markings designate the playing area
- Encourage good technique for passing, catching and shooting
- Each player 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 player 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 4 corners of the 1/2 court and get home
- If a basket is scored before the runner gets home, the player is out
- 3 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
- Have fun!





## Aussie Hoops For Coaches

### Modified Basketball

Listed below are avenues to modify the normal game of basketball to adjust for children's needs. Coaches can pick and choose which modifications they deem appropriate for their session.

- Lower the basketball rings from 10 foot to 8 foot
- Play across the court instead of full court
- Use a smaller basketball e.g size 5
- Play 3 v 3, ½ court
- Introduction of rules
- This why you can dribble
- This why you can't travel

### *Variations*

- Can't steal the ball off the person holding it
- Make 5 passes before you can score
- Must pass it to every team member before you score
- Only allowed a certain number of dribbles i.e. 5
- Once a team has entered the offensive half they must make at least 3 passes before scoring
- The same person can't score more than twice in a row

## SESSION PLANS

### Week 1

“During this session, children will develop the skills of ball handling, dribbling and shooting.”



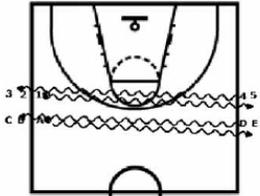
#### What you will need:

- Maximum of one (1) size 5 basketball per person;
- A defined area.

#### OPTIONAL

- Basketball hoop for shooting activities;
- Markers;
- One (1) coach/parent per ten (10) children;
- Whistle.

TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<b>WARMUP AND STRETCH</b>	
	<p><b>Duck, Duck, Goose</b></p> <ul style="list-style-type: none"> <li>• One (1) player is nominated to be “in”;</li> <li>• All remaining players form a circle and are seated;</li> <li>• The player who is “in” walks around the circle and taps each player on the head while saying either “Duck” or “Goose”;</li> <li>• As soon as the player calls “goose” the player who is “in” is chased by the “goose” around the circle;</li> <li>• The “goose” has to tag the “in” player before they are seated in the “goose’s” seat.</li> </ul>	<ol style="list-style-type: none"> <li>1. You must choose someone who hasn’t had a go as “goose”;</li> <li>2. Run as fast as you can!</li> </ol> <p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>

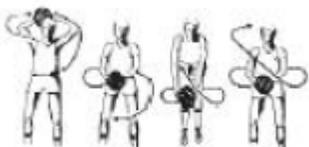
5 Minutes	BALL HANDLING	TEACHING POINTS
	<p><b>Finger tip handling</b></p> <ul style="list-style-type: none"> <li>Ball to be “juggled” between right and left hand fingertips</li> </ul> <p><b>Ball wraps</b></p> <p>Around the head, waist, legs and figure 8.</p> 	<ol style="list-style-type: none"> <li>Keep your head up;</li> <li>Go as fast as possible. It’s okay to drop the ball!</li> </ol> <p><b>Tip</b></p> <p><i>“To make it easier have players roll the ball around themselves on the ground!”</i></p> <p><b>As they get better...</b></p> <p><i>“Try full body wraps - around the head, then the waist and then the legs!”</i></p> <p><b>Now let’s play!</b></p> <p><i>“Make it a relay race or how many wraps in 30 seconds individually!”</i></p>
10 Minutes	DRIBBLING	TEACHING POINTS
	<p><b>Stationary dribbling</b></p> <ul style="list-style-type: none"> <li>Use left, right and alternate hands.</li> </ul> <p><b>Dribbling on the move</b></p> <ul style="list-style-type: none"> <li>Dribble to opposite sideline and back.</li> </ul> 	<ol style="list-style-type: none"> <li>Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>Eyes up when dribbling;</li> <li>Dribble no higher than waist high;</li> <li>Fingers spread and push the ball and make it bounce loud;</li> <li>Dribbling hand on top of the ball and other hand protects the ball;</li> <li>Use both left and right hands.</li> </ol> <p><b>Now let’s play!</b></p> <p><i>“Nominate a leader to dribble for players to follow what the leader is doing (“Follow the Leader”)!”</i></p>
5 Minutes	PASSING	TEACHING POINTS
	<p><b>Partner passing</b></p> <ul style="list-style-type: none"> <li>Players stand approximately two (2) metres apart, facing each other;</li> <li>Players perform: <ul style="list-style-type: none"> <li>Chest pass</li> <li>Bounce pass</li> <li>Push pass (left and right)</li> </ul> </li> <li>Perform each type of pass for one (1) minute.</li> </ul> <p><b>Now let’s play!</b></p> <p><i>“How many passes can be made without</i></p>	<ol style="list-style-type: none"> <li>Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance;</li> <li>Fingers relaxed and spread, thumbs behind the ball. Elbows bent;</li> <li>Step towards the receiver to make the pass;</li> <li>Point the fingers to the target and the thumbs to the ground;</li> <li>Give a target when receiving;</li> <li>“Fake a pass to make a pass”;</li> <li>Pass away from the defence;</li> <li>Spread fingers and extend arms;</li> <li>“Eyes on the target”;</li> <li>Bend arms to catch.</li> </ol>

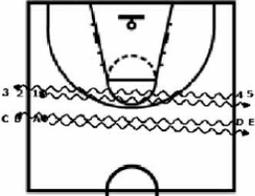
## Aussie Hoops For Coaches

	<p><i>dropping the ball?"</i></p> <p><b>Variation</b></p> <p>Add a defender in the middle who tries to steal the pass ("piggy in the middle")</p>	
<b>10 Minutes</b>	<b>SHOOTING</b>	<b>TEACHING POINTS</b>
	<p><b>First to 5</b></p> <ul style="list-style-type: none"> <li>• Arrange players into groups with a minimum of four (4) per group;</li> <li>• Line the groups up into different spots around the three (3) point line or approximately six (6) metres from the basket (hoop). Each group will need one ball;</li> <li>• One player from each group will dribble towards the basket at one time until they are a short distance away from it;</li> <li>• Each player will have one shot and then take the ball back to the next person in the line;</li> <li>• This continues until one group makes five baskets.</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance;</li> <li>3. If there is a backboard use it!</li> </ol> <p><b>If there's no Hoop!</b></p> <ul style="list-style-type: none"> <li>• Make a mark on the wall;</li> <li>• Use a garbage bin.</li> </ul>
<b>10 Minutes</b>	<b>MODIFIED GAME</b>	<b>TEACHING POINTS</b>
	<p><b>Pac Man</b></p> <ul style="list-style-type: none"> <li>• All players must stay on one of the lines marked on the court;</li> <li>• Players spread out, with 3 being "it";</li> <li>• The players that are "it" have a ball and dribble along the lines trying to catch others;</li> <li>• When they catch someone they hand them the ball and change roles.</li> </ul>	<ul style="list-style-type: none"> <li>• Footwork - Change of pace and direction</li> </ul>
<b>5 Minutes</b>	<b>COOL DOWN</b>	
	<p><b>Pack the Equipment Away!</b></p> <p>Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	<p><b><i><a href="http://www.aussiehoops.com.au">www.aussiehoops.com.au</a></i></b></p>

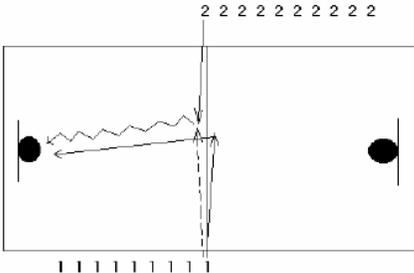
Week 2



TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<p><b>WARM UP AND STRETCH</b></p> <p><b>What's the time Mr Wolf?</b></p> <ul style="list-style-type: none"> <li>• One (1) player ("the Wolf") stands fifteen (15) metres away from the group on the baseline with his/her back facing the others;</li> <li>• The other players dribble towards the Wolf and ask "What's the time Mr Wolf?"</li> <li>• The Wolf responds with a time e.g. "2 O'Clock";</li> <li>• Then the players dribble their ball towards the Wolf again;</li> <li>• This continues until the players ask the Wolf "What's the time Mr Wolf?" And the Wolf responds with "Dinner time!"</li> <li>• The Wolf then turns and chases the players aiming to tag as many players as he can before they return back to the baseline.</li> </ul>	<ol style="list-style-type: none"> <li>1. Players to keep their heads up when dribbling the ball;</li> <li>2. A player is nominated to next be the Wolf.</li> </ol> <p>This warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<p><b>BALL HANDLING</b></p> <p><b>Finger tip handling</b></p> <ul style="list-style-type: none"> <li>• Ball to be "juggled" between right and left hand fingertips.</li> </ul> <p><b>Ball wraps</b></p> <ul style="list-style-type: none"> <li>• Around the head, waist, legs and figure 8.</li> </ul> 	<ol style="list-style-type: none"> <li>1. Teach not to look at the ball and keep the head up</li> <li>2. Go as fast as possible. It's okay to drop the ball!</li> </ol> <p><b>Tip</b></p> <p><i>"To make it easier have players roll the ball around themselves on the ground!"</i></p> <p><b>As they get better...</b></p> <p><i>"Try full body wraps - around the head, then the waist and then the legs!"</i></p> <p><b>Now let's play!</b></p> <p><i>"Make it a relay race or how many wraps in 30 seconds individually!"</i></p>

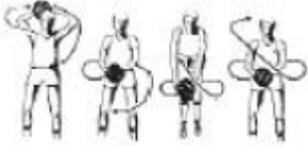
10 Minutes	DRIBBLING	TEACHING POINTS
	<p><b>Stationary dribbling</b></p> <ul style="list-style-type: none"> <li>Use left, right and alternate hands.</li> </ul> <p><b>Dribbling and ball wraps on the move</b></p> <ul style="list-style-type: none"> <li>Dribble to halfway point and complete a full body wrap (head, waist and legs) then dribble back.</li> </ul>  <p><b>Dribble Knockout</b></p> <ul style="list-style-type: none"> <li>Set a playing area by using the court markings;</li> <li>All players have a ball;</li> <li>Players attempt to knock the ball away from their opponents while maintaining their own dribble;</li> <li>A player is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds;</li> <li>As players are eliminated, reduce the size of the playing area;</li> <li>The last 2 players should be in one of the circles on the court;</li> <li>The last player left is the winner.</li> </ul>	<ol style="list-style-type: none"> <li>Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>Eyes up when dribbling and completing ball wraps;</li> <li>Dribble no higher than waist high;</li> <li>Fingers spread and push the ball and make it bounce loud;</li> <li>Dribbling hand on top of the ball and other hand protects the ball;</li> <li>Use both left and right hands.</li> </ol> <p><b>Now let's play!</b></p> <ol style="list-style-type: none"> <li><i>"Nominate a leader to dribble for players to follow what the leader is doing ("Follow the Leader") or have a relay race!"</i></li> <li>Play dribble knockout</li> </ol>
5 Minutes	PASSING	TEACHING POINTS
	<p><b>Tallyball</b></p> <ul style="list-style-type: none"> <li>Two teams of 6 to 8 players per area;</li> <li>Aim is to complete 6 consecutive passes;</li> <li>Start with throwing the ball up between two opposing players higher than they can jump (a jumpball);</li> <li>Each time a pass is completed, the person who catches the ball calls out the number of passes so far;</li> <li>One point is scored when six consecutive passes are made;</li> <li>After a point is scored, the opposing team takes possession at the centre line;</li> <li>A new count starts each time there is a bad pass, fumble or interception.</li> </ul> <p>No dribbling, no traveling (stepping more than twice), no body contact (fouling). If one of these violations occurs, possession is taken from the sideline.</p>	<ol style="list-style-type: none"> <li>Lead for the ball</li> <li>Keep spacing, don't crowd the ball</li> <li>Defend one player each</li> <li>Move (cut) to an open space after you pass</li> </ol> <p><b>Variation</b></p> <p>Allow players to use up to two dribbles.</p> <p><b>As they get better...</b></p> <p>It is a turnover if the ball hits the ground.</p>
10 Minutes	SHOOTING	TEACHING POINTS

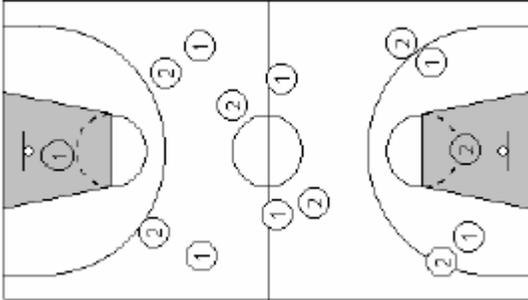
## Aussie Hoops For Coaches

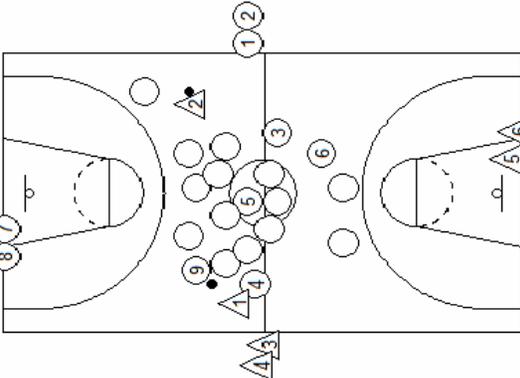
	<p><b>First to 7</b></p> <ul style="list-style-type: none"> <li>• Arrange players into groups with a minimum of four (4) per group;</li> <li>• Line the groups up into different spots around the three (3) point line or approximately six (6) metres from the basket (hoop). Each group will need one ball;</li> <li>• One player from each group will dribble towards the basket at one time until they are a short distance away from it and then come to a two foot stop;</li> <li>• Each player will have one shot and then dribble the ball back to the next person in the line;</li> <li>• This continues until one group makes seven baskets.</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>
<b>10 Minutes                      MODIFIED GAME                      TEACHING POINTS</b>		
	<p><b>Pick up and chase</b></p> <ul style="list-style-type: none"> <li>• Player from Group 1 rolls the ball out to</li> </ul>  <p style="text-align: center;">2 2 2 2 2 2 2 2 2 2</p> <p style="text-align: center;">                   </p> <ul style="list-style-type: none"> <li>the middle of the court to a player from Group 2, and follows the rolling ball;</li> <li>• Player from Group 2 picks up ball and attempts to score at either basket. Player 2 may use a fake towards opposite basket <b>before</b> dribbling;</li> <li>• Player from Group 1 chases player from Group 2 and attempts to defend. As soon as the first pair moves towards goal, the next pair commences;</li> <li>• Players must change lines after each turn;</li> <li>• One point is scored for hitting the ring, two points for a goal. Keep individual scores.</li> </ul>	<ol style="list-style-type: none"> <li>1. Use fakes before dribbling;</li> <li>2. Try to dribble to one side of the basket or the other (not right at it).</li> </ol>
<b>5 Minutes                      COOL DOWN</b>		
	<p><b>Pack the Equipment Away!</b></p> <p>Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	<p><i><a href="http://www.aussiehoops.com.au">www.aussiehoops.com.au</a></i></p>

**Week 3**



TIME	ACTIVITY	TEACHING POINTS
<b>5 Minutes</b>	<b>WARMUP AND STRETCH</b>	
	<p><b>Odd Person Out</b></p> <p>Player moves around by either skipping, hopping or running. When a whistle is blown they must grab a partner and not be the odd person out</p>	<ol style="list-style-type: none"> <li>1. Eyes up when dribbling;</li> <li>2. Avoid pushing when tagging other players.</li> </ol> <p>This warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
<b>5 Minutes</b>	<b>BALL HANDLING</b>	<b>TEACHING POINTS</b>
	<p><b>Finger tip handling</b></p> <ul style="list-style-type: none"> <li>• Ball to be "juggled" between right and left hand fingertips</li> </ul> <p><b>Ball wraps</b></p> <ul style="list-style-type: none"> <li>• Around the head, waist, legs and figure 8.</li> </ul> 	<ol style="list-style-type: none"> <li>1. Look at a spot (to avoid looking at ball) and keep the head up</li> <li>2. Go as fast as possible. It's okay to drop the ball!</li> </ol> <p><b>Tip</b></p> <p><i>"To make it easier have players roll the ball around themselves on the ground!"</i></p> <p><b>As they get better...</b></p> <p><i>"Try full body wraps - around the head, then the waist and then the legs!"</i></p> <p><b>Now let's play!</b></p> <p><i>"Make it a relay race or how many wraps in 30 seconds individually!"</i></p>
<b>10 Minutes</b>	<b>DRIBBLING</b>	<b>TEACHING POINTS</b>
	<p><b>Stationary dribbling</b></p> <ul style="list-style-type: none"> <li>• Use left, right and alternate hands.</li> </ul> <p><b>Dribbling on the move</b></p> <p>Dribble to opposite sideline and back.</p> 	<ol style="list-style-type: none"> <li>1. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>2. Eyes up when dribbling;</li> <li>3. Dribble no higher than waist high;</li> <li>4. Fingers spread and guide the ball rather than "patting" it;</li> <li>5. Dribbling hand on top of the ball and other hand protects the ball;</li> </ol> <p><b>Now let's play!</b></p> <p><i>"Nominate a leader to dribble for players to follow what the leader is doing ("Follow the Leader") or have a relay race!"</i></p>

5 Minutes	PASSING	TEACHING POINTS
	<p><b>Tallyball touchdown</b></p> <ul style="list-style-type: none"> <li>• Two teams of 6 to 8 players;</li> <li>• Aim is to complete (minimum) six consecutive passes then pass the ball to a team mate in the touchdown (shaded) zone;</li> <li>• One point is scored when the player in the touchdown zone receives the ball after the minimum six consecutive passes;</li> <li>• After a point is scored the opposing team takes possession from the touchdown zone;</li> <li>• A new count starts each time there is a fumble, or interception;</li> </ul> <p>No dribbling, no travelling, no fouling. If a violation occurs, possession is taken from the side line.</p>	 <ol style="list-style-type: none"> <li>1. Lead for the ball;</li> <li>2. Keep spacing, don't crowd the ball;</li> <li>3. Defend one player each;</li> <li>4. Move (cut) to an open space after you pass.</li> </ol> <p><b>Variation</b></p> <p>Allow players to use up to two dribbles</p>
10 Minutes	SHOOTING	TEACHING POINTS
	<p><b>Shooting knockout</b></p> <ul style="list-style-type: none"> <li>• Line up all players behind a line in front of the basket;</li> <li>• The first and second player in the line have a ball;</li> <li>• The first player shoots the ball;</li> <li>• The second player can then shoot the ball;</li> <li>• If the first player makes it in before the second player they remain in if not they are out;</li> <li>• If the first player misses they must rebound the ball and continue shooting from wherever they choose until they make it;</li> <li>• The first player must make the basket before the second player at all times.</li> <li>• The last player in wins!</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>

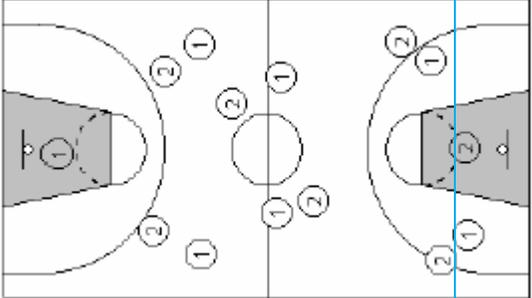
10 Minutes	MODIFIED GAME	TEACHING POINTS
	<p><b>Crazy Ball</b></p> <ul style="list-style-type: none"> <li>• Maximum of eight (8) players from each team on the court at one time;</li> <li>• Substitutions for teams are to be in a group on the sideline or baseline;</li> <li>• Substitutions can be “live” providing they are still out side the court boundaries;</li> <li>• Team with the highest number of baskets wins!</li> <li>• Players without the ball cannot steal it out of opposing players’ hands – “No grabbing rule”.</li> </ul> 	<ol style="list-style-type: none"> <li>3. Look to pass before dribbling;</li> <li>4. Players should move their feet when defending rather than reaching in to get the ball. This will avoid fouling. <i>“Move to an open space so the ball can be passed easier”.</i></li> </ol>
5 Minutes	COOL DOWN	
	<p><b>Pack the Equipment Away!</b></p> <p>Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	

[www.aussiehoops.com.au](http://www.aussiehoops.com.au)

**Week 4**



TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<p><b>WARMUP AND STRETCH</b></p> <p><b>Dribbling Red Rover Crossover</b></p> <ul style="list-style-type: none"> <li>• Can be played with basketballs or without;</li> <li>• One (1) player stands in the middle of the court (Red Rover);</li> <li>• Remaining players stand on the sideline;</li> <li>• On Red Rover’s command (“Red rover cross over”), players on the sideline must make it to the other sideline without being tagged by Red Rover;</li> <li>• Once players are tagged they then help Red Rover tag remaining players;</li> <li>• The last player that has not been tagged is declared the winner.</li> </ul>	<ol style="list-style-type: none"> <li>1. Eyes up when dribbling;</li> <li>2. Avoid pushing when tagging other players.</li> </ol> <p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<p><b>BALL HANDLING</b></p> <p><b>Finger tip handling</b></p> <ul style="list-style-type: none"> <li>• Ball to be “juggled” between right and left hand fingertips</li> </ul> <p><b>Ball wraps</b></p> <ul style="list-style-type: none"> <li>• Around the head, waist, legs and figure 8.</li> </ul>	<ol style="list-style-type: none"> <li>1. Teach children to not look at the ball and keep their head up</li> <li>2. Go as fast as possible. It’s okay to drop the ball!</li> </ol> <p><b>Tip</b></p> <p><i>“To make it easier have players roll the ball around themselves on the ground!”</i></p> <p><b>As they get better...</b></p> <p><i>“Try full body wraps - around the head, then the waist and then the legs!”</i></p> <p><b>Now let’s play!</b></p> <p><i>“Make it a relay race or how many wraps in 30 seconds individually!”</i></p>
10 Minutes	<p><b>DRIBBLING</b></p> <p><b>Stationary dribbling</b></p> <ul style="list-style-type: none"> <li>• Use left, right and alternate hands.</li> </ul> <p><b>Dribbling on the move</b></p> <p>Dribble to opposite sideline and back.</p>	<ol style="list-style-type: none"> <li>6. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>7. Eyes up when dribbling;</li> <li>8. Dribble no higher than waist high;</li> <li>9. Fingers spread and guide the ball</li> </ol>

		<p>rather than “patting” it;</p> <p>10. Dribbling hand on top of the ball and other hand protects the ball.</p> <p><b>Now let’s play!</b></p> <p><i>“Nominate a leader to dribble for players to follow what the leader is doing (“Follow the Leader”) or have a relay race!”</i></p>
5 Minutes	<b>PASSING</b>	<b>TEACHING POINTS</b>
	<p><b>Tallyball touchdown</b></p> <ul style="list-style-type: none"> <li>• Two teams of 6 to 8 players;</li> <li>• Aim is to complete (minimum) six consecutive passes then pass the ball to a team mate in the touchdown (shaded) zone;</li> <li>• One point is scored when the player in the touchdown zone receives the ball after the minimum six consecutive passes;</li> <li>• After a point is scored the opposing team takes possession from the touchdown zone;</li> <li>• A new count starts each time there is a fumble, or interception;</li> </ul> <p>No dribbling, no travelling, no fouling. If a violation occurs, possession is taken from the side line.</p>	 <ol style="list-style-type: none"> <li>1. Lead for the ball;</li> <li>2. Keep spacing, don’t crowd the ball;</li> <li>3. Defend one player each;</li> <li>4. Move (cut) to an open space after you pass.</li> </ol> <p><b>Variation</b></p> <p>Allow players to use up to two dribbles</p>
10 Minutes	<b>SHOOTING</b>	<b>TEACHING POINTS</b>
	<p><b>Shooting knockout</b></p> <ul style="list-style-type: none"> <li>• Line up all players behind a line in front of the basket;</li> <li>• The first and second player in the line have a ball;</li> <li>• The first player shoots the ball;</li> <li>• The second player can then shoot the ball;</li> <li>• If the first player makes it in before the second player they remain in if not they are out;</li> <li>• If the first player misses they must rebound the ball and continue shooting from wherever they choose until they make it;</li> <li>• The first player must make the basket before the second player at all times.</li> <li>• The last player in wins!</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>
10 Minutes	<b>MODIFIED GAME</b>	<b>TEACHING POINTS</b>
	<b>Golden Child</b>	<ol style="list-style-type: none"> <li>1. Encourage good technique for</li> </ol>

## Aussie Hoops For Coaches

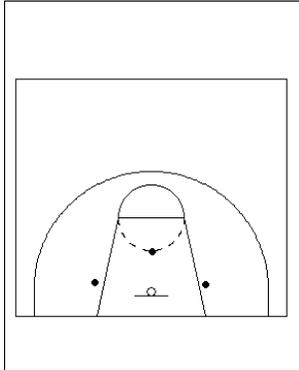
	<ul style="list-style-type: none"> <li>• Similar to “Roller Ball</li> <li>• Fielding team lines up on the Free Throw line</li> <li>• 1 person shoots the ball</li> <li>• At the same time a runner is trying to make it around the “bases”</li> <li>• This person shoots until they make the basket</li> <li>• When the basket is made the runner must freeze</li> <li>• The next player shoots and the next runner starts and so on</li> <li>• The last runner is the “Golden Child”</li> <li>• The “Golden Child” can unfreeze the frozen runners by tagging them as he/she runs the “bases”</li> <li>• The score is the number of runners that get home before the shot is made, including those unfrozen by the “Golden Child”</li> <li>• Teams change positions</li> <li>• Winning team is the one with the most runs</li> </ul>	<p>passing, catching and shooting</p> <p>2. Run fast!</p>
<b>5 Minutes COOL DOWN</b>		
	<p><b>Pack the Equipment Away!</b></p> <p>Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	<p><a href="http://www.aussiehoops.com.au" style="color: white;">www.aussiehoops.com.au</a></p>

Week 5

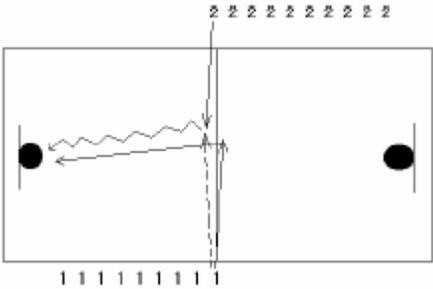


TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<b>WARMUP AND STRETCH</b>	
	<p><b>Chain Tag</b> 1 player is “it” and must chase other players. As players are tagged they link arms and continue to chase the remaining players.</p> <ul style="list-style-type: none"> <li>• Half Court (or defined area)</li> </ul> <p><b>Variation</b> “Players dribble their ball until they are tagged.”</p>	<p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<b>FOOTWORK</b>	<b>TEACHING POINTS</b>
	<p><b>Jumping lines</b> Players line up on the baseline/sideline.</p> <ul style="list-style-type: none"> <li>▪ Jump with both feet facing the coach, in and out of the line.</li> <li>▪ Jump with both feet facing a side, in and out of the line.</li> <li>▪ Scissor jumps.</li> </ul>	<ol style="list-style-type: none"> <li>1. Balance – nose behind toes</li> <li>2. Wide base of support</li> <li>3. “Sit” into stopping position</li> <li>4. Weight on balls of the feet</li> <li>5. Jump stop – stay low, good stance</li> </ol>
10 Minutes	<b>BALL HANDLING</b>	<b>TEACHING POINTS</b>
	<p><b>Throw, Clap, Catch</b></p> <ul style="list-style-type: none"> <li>• Player throws the ball in the air and claps once before catching the ball</li> <li>• On each throw the player increases the claps by 1</li> <li>• If the player does not complete the correct amount of claps or drops the ball they are out</li> <li>• Players who are out sit, with the last player standing being the winner</li> </ul>	<ol style="list-style-type: none"> <li>4. Throw a short distance first and work towards longer distance</li> <li>5. Keep eyes on the ball</li> <li>6. Use “soft” hands to catch</li> </ol>
	<p><b>Ball Scramble</b></p> <ul style="list-style-type: none"> <li>• Players start in half court area, each with a ball</li> <li>• On command from coach, everyone drops their ball, runs to a designated spot and returns</li> <li>• While the players are running, coach removes one ball</li> <li>• When the players get back they must all try and get a ball</li> <li>• The player without a ball is out. With fewer players, reduce the area or remove a greater number of balls.</li> </ul>	<p>Correct running technique</p>

# Aussie Hoops For Coaches

10 Minutes	DRIBBLING	TEACHING POINTS
	<p><b>Snake Dribbling</b></p> <ul style="list-style-type: none"> <li>• Group is split into two teams</li> <li>• Two balls are placed in the centre circle</li> <li>• Each team is lined up opposite each other on the sidelines, teams are spread out along the sidelines</li> <li>• Each team member is told a number by the coach (they must remember this number)</li> <li>• When the coach calls a number the players with that number must run and grab a ball and dribble to the first player in line</li> <li>• Then dribble in and out of each team mate in line, just like a snake</li> <li>• Once the player has completed dribbling through the team, ball handler must dribble to the centre circle and place the ball down and run back in line</li> <li>• First player back wins, ball must not roll out of the circle or other team wins!</li> <li>• Let all the kids have a run!</li> </ul>	<ol style="list-style-type: none"> <li>1. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>2. Eyes up when dribbling;</li> <li>3. Dribble no higher than waist high;</li> <li>4. Fingers spread and guide the ball rather than “patting” it;</li> <li>5. Dribbling hand on top of the ball and other hand protects the ball;</li> </ol>
10 Minutes	SHOOTING	TEACHING POINTS
	<p><b>Seven</b></p>  <ul style="list-style-type: none"> <li>• Divide players into equal groups.</li> <li>• Players shoot from designated spots, within their range.</li> <li>• Each shot is worth 1 point.</li> <li>• First team to seven wins.</li> <li>• Players shoot from designated spots, within their range</li> <li>• Each shot is worth 1 point</li> <li>• First team to 7 wins</li> </ul> <p><b>Knock Out Chair</b></p>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>

## Aussie Hoops For Coaches

	<ul style="list-style-type: none"> <li>• Each player shoots the ball from a designated spot</li> <li>• If the player misses they sit on the knockout chair</li> <li>• If the next player makes the shot the player in the chair is out of the game</li> <li>• If the next player misses the shot, they replace the player on the chair, who returns to the end of the line</li> <li>• The last player left wins</li> </ul>	
10 Minutes	MODIFIED GAME	TEACHING POINTS
	<p><b>Pickup and Chase</b>            Player from Group 1 rolls the ball out to the middle of the court to a player from Group 2, and follows the rolling ball. Player from Group 2 picks up ball and attempts to score at either basket.</p> <p>Player 2 may use a fake towards opposite basket <b>before</b> dribbling.</p> <p>Player from Group 1 chases player from Group 2 and attempts to defend. As soon as first pair moves towards goal, next pair commences.</p> <p>Players must change lines after each turn. One point is scored for hitting the ring, two points for a goal. Keep individual scores.</p> <ul style="list-style-type: none"> <li>• 5 balls</li> <li>• Full Court (or defined area)</li> </ul> 	<ol style="list-style-type: none"> <li>1. Use fakes before dribbling</li> <li>2. Try to dribble to one side of the basket or the other (not right at it)</li> </ol>
5 Minutes	COOL DOWN	
	<p>Pack the Equipment Away!            Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	<p><a href="http://www.aussiehoops.com.au">www.aussiehoops.com.au</a></p>

**Week 6**



TIME 10 Minutes	ACTIVITY WARMUP AND STRETCH	TEACHING POINTS
	<p><b>Tappers</b> Players in pairs</p> <ul style="list-style-type: none"> <li>• Each player tries to “slap” their partner behind the knee ahead</li> <li>• Prepare by putting hands on their partners shoulders</li> <li>• Each player tries to step lightly on their partners toes</li> </ul>	<p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	BALL HANDLING	TEACHING POINTS
	<p><b>Copy Cat</b></p> <ul style="list-style-type: none"> <li>• Players find a space in the Half court where they can see the Coach</li> <li>• Coach demonstrates the following ball handling skills:</li> <li>• Finger Tips</li> <li>• Head Wraps</li> <li>• Wrap arounds</li> <li>• Knee Wraps</li> <li>• Around the World</li> <li>• Figure 8</li> <li>• Blurr</li> <li>• Single/Double Combination</li> <li>• Stationary Dribbling</li> </ul> <p><i>Variations</i></p> <ul style="list-style-type: none"> <li>• Use higher level skills</li> <li>• Left and Right</li> <li>• Standing, Kneeling, sitting, lying down</li> <li>• “Coach Says” / “Simon Says” using the ball skills from the previous activity</li> </ul>	<ol style="list-style-type: none"> <li>1. Teach to not look at the ball and keep the head up</li> <li>2. Go as fast as possible. It’s okay to drop the ball!</li> </ol> <p><b>Tip</b></p> <p><i>“To make it easier have players roll the ball around themselves on the ground!”</i></p>

5 Minutes		TEACHING POINTS
	<p><b>Dribble Tag</b></p> <ul style="list-style-type: none"> <li>• Use the half court as the boundary</li> <li>• Three players are nominated to be “it” and have basketballs</li> <li>• They must be dribbling at all times and tag the other players</li> <li>• Once tagged the players are out</li> <li>• Last player in is the winner</li> </ul> <p><i>Variation</i> All players with a ball Taggers recognized by shirt tucked in, bib etc</p>	<ol style="list-style-type: none"> <li>1. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>2. Eyes up when dribbling;</li> <li>3. Dribble no higher than waist high;</li> <li>4. Fingers spread and guide the ball rather than “patting” it;</li> <li>5. Dribbling hand on top of the ball and other hand protects the ball;</li> </ol>
5 Minutes		SHOOTING
	<p><b>Shooting Rob the Nest</b></p> <ul style="list-style-type: none"> <li>• Place four hoops on the baseline under the basket and four along the halfway line</li> <li>• Place 3-5 balls in each corner of the half court and one in the centre (see diagram)</li> <li>• Have four even teams lined up behind the hoops (except the one in the middle)</li> <li>• On signal from coach the first player from each team runs and grabs a ball from any hoop</li> <li>• They must then score a basket before dribbling the ball back to their hoop</li> <li>• Once back at their hoop the next player from the team goes</li> </ul> <p><i>Variation</i></p> <ul style="list-style-type: none"> <li>• Introduce the use of other skills in order to bring the ball back to their own i.e. body wraps, figure 8’s while walking</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>

10 Minutes	SHOOTING	TEACHING POINTS
	<p><b>Sink the Titanic</b></p> <p>One team Titanic: (maximum of 10 participants per team/per hoop)</p> <ul style="list-style-type: none"> <li>• Participants line up at a designated shooting spot (specific to age/ability playing)</li> <li>• The aim of the game is to keep the team alive for as long as possible</li> <li>• The game starts with the first person in line shooting</li> <li>• If they are successful they are safe and return to the back of the line</li> <li>• If they are unsuccessful they must get on the “Titanic” (baseline)</li> <li>• If the next shooter is successful they save the first person from the titanic</li> <li>• If unsuccessful they also go on to the Titanic at the back of the line</li> <li>• With every successful shot the player from the front of the Titanic line is saved</li> <li>• The game continues until everyone is on the Titanic and it is therefore “sunk”</li> </ul> <p><i>Variation</i></p> <p>Multiple team Titanic: (played when there is more than 20 participants or insufficient supervision for two rings)</p>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>
10 Minutes	MODIFIED GAME	TEACHING POINTS
	<p><b>Rollerball</b></p> <ul style="list-style-type: none"> <li>• Two teams are chosen: Running Team Fielding Team</li> <li>• 1/2 court markings designate the playing area</li> <li>• Each player is given a number</li> <li>• Along the lines of Baseball, each member of the Running Team is given the opportunity to score a run</li> <li>• A Running player rolls (underarm) the ball into the playing area.</li> <li>• The ball must initially bounce in the playing area</li> <li>• As the ball is rolled, the coach will call out a number to nominate the shooter from the fielding side</li> </ul>	<p>Encourage good technique for passing, catching and shooting</p>

## Aussie Hoops For Coaches

- 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 4 corners of the 1/2 court and get home
- If a basket is scored before the runner gets home, the player is out
- 3 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



5 Minutes

COOL DOWN

Pack the Equipment Away!  
Have the players pick up all of those balls or pick up those markers before having a stretch.

[www.aussiehoops.com.au](http://www.aussiehoops.com.au)

Week 7



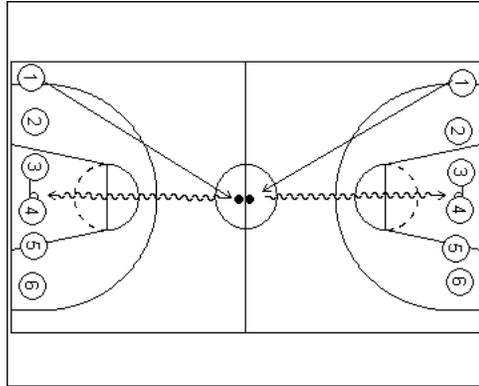
TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<b>WARMUP AND STRETCH</b>	
	<p><b>Keep the Basket Full</b></p> <ul style="list-style-type: none"> <li>Start with 15 balls in the centre of the court</li> <li>The aim of the game is for the players to keep the basket full</li> <li>The coach throws the balls out of the hoop (bin) while the players fetch them</li> <li>They have to pass or dribble the ball back and then get it into the hoop (bin)</li> <li>The game ends when either all balls are back in or all are out of the hoop</li> </ul>	<p>This warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> <li><b>Prepare</b> the body for the activity ahead</li> <li><b>Performance</b></li> <li>Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<b>BODY MOVEMENT</b>	
	<p><b>Ship, Shark, Shore</b></p> <ul style="list-style-type: none"> <li>Children line up on baseline</li> <li>When coach says "ship", "shark" or "shore" children must run to the designated line</li> <li>The last one to make it to the line is out</li> <li>You can trick the children by saying "shore" when they are on the "shore" line, if child moves they are out</li> <li>Or you can trick them by saying "shore" and running to the "ship" line if a child runs the wrong direction they are out</li> <li>Last child left is the winner</li> </ul>	<ul style="list-style-type: none"> <li>Correct running technique</li> </ul>
5 Minutes	<b>BALL HANDLING</b>	
	<p><b>Throw, Clap, Catch</b></p> <ul style="list-style-type: none"> <li>Player throws the ball in the air and claps once before catching the ball</li> <li>On each throw the player increases the claps by 1</li> <li>If the player does not complete the correct amount of claps or drops the ball they are out</li> <li>Players who are out sit, with the last player standing being the winner</li> </ul>	<ol style="list-style-type: none"> <li>Throw a short distance first and work towards longer distance</li> <li>Keep eyes on the ball</li> <li>Use "soft" hands to catch</li> </ol>

5 Minutes	PASSING	TEACHING POINTS
	<p><b>Circle Passing</b></p> <ul style="list-style-type: none"> <li>• Participants in a circle, at least one metre apart</li> <li>• The game begins with participants passing the ball around the circle</li> <li>• The coach designates what sort of pass and where it is to be passed</li> <li>• For example; Bounce passes across the circle (participants must perform a bounce pass only across the circle)</li> <li>• Or: Chest pass around the circle</li> <li>• Coach can also change the direction of the passing if they are passing the ball around the circle. They do this by calling “other way”</li> <li>• If a player drops the ball they must sit down</li> <li>• Last player left wins</li> </ul> <p><i>Variation</i></p> <ul style="list-style-type: none"> <li>• Coach calls “stand on one leg” etc</li> <li>• The players have to stand on one leg (or perform chosen act) while continuing to pass the ball</li> <li>• Player with multiple balls</li> </ul>	<p><b>Passing</b></p> <ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Fingers relaxed and spread wide, thumbs under chin, elbows bent</li> <li>3. Step to the receiver on pass</li> <li>4. Snap the wrist and fingers on release</li> <li>5. Point fingers to the target and thumbs to the ground</li> </ol> <p><b>Receiving</b></p> <ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Hand ready showing ten fingers</li> <li>3. Bring ball into you to catch</li> </ol>
10 Minutes	MODIFIED GAME	TEACHING POINTS
	<p><b>Wolf and Sheep Game</b></p> <ul style="list-style-type: none"> <li>• Have the players start at middle of halfway and free throw lines with a ball each</li> <li>• One player is the wolf outside their area</li> <li>• When coach says “the wolf isn’t here” the sheep can move freely throughout the court (the wolf can move too, but cannot touch the sheep)</li> <li>• When the coach says “here comes the wolf”, the wolf can touch as many sheep as possible that are outside of the area</li> <li>• The sheep who don’t make it into one of the circles and is touched become wolves and the game continues</li> </ul>	<p>Running technique, run fast!</p>

10 Minutes	PASSING AND SHOOTING	TEACHING POINTS
	<p><b>Circle Pass Shooting Race</b></p> <ul style="list-style-type: none"> <li>• Players divided into two teams, a passing team and a shooting team</li> <li>• The shooting team must have all players successfully score a goal</li> <li>• At the same time the passing team will be passing the ball around the circle with someone in the middle making the passes</li> <li>• Once the shooting team has finished the number of passes made by the passing team is tallied</li> <li>• Teams then reverse roles with the winning team the one with the most passes</li> </ul> <p><i>Variations</i>                      Shooting – Do the same thing except shooting from a designated spot                      Passing – See circle passing</p>	<p><b>Passing</b></p> <ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Fingers relaxed and spread wide, thumbs under chin, elbows bent</li> <li>3. Step to the receiver on pass</li> <li>4. Snap the wrist and fingers on release</li> <li>5. Point fingers to the target and thumbs to the ground</li> </ol> <p><b>Receiving</b></p> <ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Hand ready showing ten fingers</li> <li>3. Bring ball into you to catch</li> </ol> <p><b>Shooting</b></p> <ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> </ol> <p>If there is a backboard use it!</p>
10 Minutes	MODIFIED GAME	TEACHING POINTS
	<p><b>Numbers (two ball)</b></p> <ul style="list-style-type: none"> <li>• Participants in two teams and each with a number (see diagram)</li> <li>• Designate the same number to players that match height or skill levels</li> <li>• Coach calls out a number(s) and throws the balls onto the court</li> <li>• The corresponding numbers must come out, collect the balls and be the first to make a basket</li> <li>• The player(s) that successfully makes the first basket scores a point for the team</li> <li>• If more than one number per team is called out, all players called must make a basket in order for their team to score a point</li> <li>• Play first to 10-15 wins the game</li> </ul> <p><b>Numbers (One ball)</b></p>	

## Aussie Hoops For Coaches

- Set up and played as two ball
- Only one ball is used
- Using one ball turns it into a 1 v 1, 2 v 2, 3 v 3 and up to a 5 v 5 game



5 Minutes

COOL DOWN

Pack the equipment away!  
Have the players pick up all of those balls or pick up those markers before having a stretch.

[www.aussiehoops.com.au](http://www.aussiehoops.com.au)

Week 8

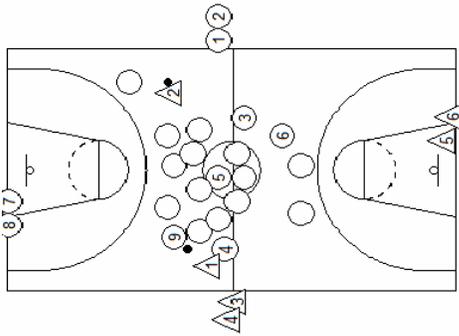


TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<p><b>WARMUP AND STRETCH</b></p> <p><b>Superman</b></p> <ul style="list-style-type: none"> <li>• Athletes are to stand in their own space with feet approximately shoulder width apart, hands on hips</li> <li>• Choose a side (left or right) for the athlete to balance on</li> <li>• Have a slight bend (of approximately 3-5 degrees) at the knee</li> <li>• The athlete then bends at the hip so that their trunk is parallel to ground</li> <li>• Athletes then extend their arms and single let out, as though they are superman</li> <li>• They are required to hold this position for as long as possible without losing balance</li> <li>• Continue to hold the position for as long as possible without losing balance</li> <li>• Continue to hold this position recording time, i.e. players that held it for 10 seconds, players that it for 20 seconds etc (no longer than 20 seconds)</li> </ul>	<p>This warmup should cover the 3 P's:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<p><b>BALL HANDLING AND DRIBBLING</b></p> <p><b>Crossover and Skill Relay</b></p> <ul style="list-style-type: none"> <li>• Played similar to normal dribble relays</li> <li>• At every quarter court the participants must perform a crossover or a skill</li> <li>• For example: First quarter – cross over, second quarter – behind the back, third quarter – 10 rapid fire dribbles, fourth quarter – full body wrap</li> <li>• This is repeated on the way back as well</li> <li>• First team to have completed the relay wins</li> </ul> <p>Note: Designate the skills to the level of participants</p>	<p><b>TEACHING POINTS</b></p> <ol style="list-style-type: none"> <li>1. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>2. Eyes up when dribbling;</li> <li>3. Dribble no higher than waist high;</li> <li>4. Fingers spread and guide the ball rather than “patting” it;</li> <li>5. Dribbling hand on top of the ball and other hand protects the ball;</li> </ol>

## Aussie Hoops For Coaches

		<i>Variation</i> Half court relay (for younger participants)
<b>10 Minutes</b>	<b>PASSING</b>	<b>TEACHING POINTS</b>
	<p><b>Circle Passing</b></p> <ul style="list-style-type: none"> <li>• Participants in a circle, at least one metre apart</li> <li>• The game begins with participants passing the ball around the circle</li> <li>• The coach designates what sort of pass and where it is to be passed</li> <li>• For example; Bounce passes across the circle (participants must perform a bounce pass only across the circle)</li> <li>• Or: Chest pass around the circle</li> <li>• Coach can also change the direction of the passing if they are passing the ball around the circle. They do this by calling “other way”</li> <li>• If a player drops the ball they must sit down</li> <li>• Last player left wins</li> </ul> <p><i>Variation</i> Coach calls “stand on one leg” etc The players have to stand on one leg (or perform chosen act) while continuing to pass the ball Player with multiple balls</p>	<ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Fingers relaxed and spread wide, thumbs under chin, elbows bent</li> <li>3. Step to the receiver on pass</li> <li>4. Snap the wrist and fingers on release</li> <li>5. Point fingers to the target and thumbs to the ground</li> </ol>
<b>10 Minutes</b>	<b>PASSING AND SHOOTING</b>	<b>TEACHING POINTS</b>
	<p><b>Circle Pass Shooting Race</b></p> <ul style="list-style-type: none"> <li>• Players divided into two teams, a passing team and a shooting team</li> <li>• The shooting team must have all players successfully score a goal</li> <li>• At the same time the passing team will be passing the ball around the circle with someone in the middle making the passes</li> <li>• Once the shooting team has finished the number of passes made by the passing team is tallied</li> <li>• Teams then reverse roles with the winning team the one with the most passes</li> </ul> <p><i>Variations</i> Shooting – Do the same thing except shooting from a designated spot Passing – See circle passing</p>	<p><b>Shooting</b></p> <ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol> <p><b>Passing</b></p> <ol style="list-style-type: none"> <li>1. Stance – Good balance, knees bent, back straight, head up, wide stance</li> <li>2. Fingers relaxed and spread wide, thumbs under chin, elbows bent</li> <li>3. Step to the receiver on pass</li> <li>4. Snap the wrist and fingers on release</li> <li>5. Point fingers to the target and thumbs to the ground</li> </ol>

# Aussie Hoops For Coaches

	<p>Note: All of these games can be chopped and changed to your own discretion e.g. shooting v passing, passing v layup, dribbling v passing.</p>	
<p><b>10 Minutes</b></p>	<p><b>MODIFIED GAME</b></p>	<p><b>TEACHING POINTS</b></p>
	<p><b>Golden Child</b></p> <ul style="list-style-type: none"> <li>• Similar to “Roller Ball</li> <li>• Fielding team lines up on the Free Throw line</li> <li>• 1 person shoots the ball</li> <li>• At the same time a runner is trying to make it around the “bases”</li> <li>• This person shoots until they make the basket</li> <li>• When the basket is made the runner must freeze</li> <li>• The next player shoots and the next runner starts and so on</li> <li>• The last runner is the “Golden Child”</li> <li>• The “Golden Child” can unfreeze the frozen runners by tagging them as he/she runs the “bases”</li> <li>• The score is the number of runners that get home before the shot is made, including those unfrozen by the “Golden Child”</li> <li>• Teams change positions</li> <li>• Winning team is the one with the most runs</li> </ul>	<ol style="list-style-type: none"> <li>1. Encourage good technique for passing, catching and shooting</li> <li>2. Push ball out in front for speed dribble</li> </ol>
	<p><b>Crazy Ball</b></p> <ul style="list-style-type: none"> <li>• Maximum of eight (8) players from each team on the court at one time;</li> <li>• Substitutions for teams are to be in a group on the sideline or baseline;</li> <li>• Substitutions can be “live” providing they are still out side the court boundaries;</li> <li>• Team with the highest number of baskets wins!</li> <li>• Players without the ball cannot steal it out of opposing players’ hands – “No grabbing rule”.</li> </ul> 	<ol style="list-style-type: none"> <li>1. Look to pass before dribbling;</li> <li>2. Players should move their feet when defending rather than reaching in to get the ball. This will avoid fouling.</li> </ol> <p><i>“Move to an open space so the ball can be passed easier”.</i></p>
<p><b>5 Minutes</b></p>	<p><b>COOL DOWN</b></p>	
	<p>Pack the equipment away!</p> <p>Have the players pick up all of those balls or pick up</p>	<p><a href="http://www.aussiehoops.com.au">www.aussiehoops.com.au</a></p>

## Aussie Hoops For Coaches

those markers before having a stretch.

Week 9



TIME	ACTIVITY	TEACHING POINTS
5 Minutes	<b>WARMUP AND STRETCH</b>	
	<p><b>Stuck in the Mud</b>                      Nominate 3 to 5 “taggers”. “Taggers” try to tag other players. Once tagged, players must stand still with their feet apart – they are stuck in the mud. They can only be released by another player crawling between their legs.</p> <ul style="list-style-type: none"> <li>• Full, Half Court (or defined area)</li> </ul> <p><i>Quick Teaching Tips</i>                      1. Keep head up while dribbling</p> <p><i>Variation</i></p> <ul style="list-style-type: none"> <li>• “Taggers” must dribble and can only tag a player, when dribbling.</li> <li>• A ball for each tagger</li> </ul>	<p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	<b>BALL HANDLING</b>	<b>TEACHING POINTS</b>
	<p><b>Copy Cat</b></p> <ul style="list-style-type: none"> <li>• Players find a space in the Half court where they can see the Coach</li> <li>• Coach demonstrates the following ball handling skills:                             <ul style="list-style-type: none"> <li>○ Finger Tips</li> <li>○ Head Wraps</li> <li>○ Wrap arounds</li> <li>○ Knee Wraps</li> <li>○ Around the World</li> <li>○ Figure 8</li> <li>○ Blurr</li> <li>○ Single/Double Combination</li> <li>○ Stationary Dribbling _</li> </ul> </li> <li>• “pads”</li> <li>• Fingers spread for max. control</li> <li>• Dribble no higher than hip height</li> </ul>	<ol style="list-style-type: none"> <li>1. Use left and right hands</li> <li>2. Stance</li> <li>3. Good balance</li> <li>4. Knees bent</li> <li>5. Head up</li> <li>6. Comfortable, wide stance</li> <li>7. Fingers relaxed and spread on the ball</li> <li>8. Back straight</li> <li>9. Keep the ball in the finger tips</li> </ol>
5 Minutes	<b>DRIBBLING</b>	<b>TEACHING POINTS</b>
	<p><b>Speed Dribble Knockout</b></p> <ul style="list-style-type: none"> <li>• Players lined up on the baseline in a maximum of 6 lines</li> <li>• Players dribble to half and back using speed dribble</li> <li>• The last player back is knocked out</li> <li>• Continue this game until one player has won the game</li> </ul>	
10 Minutes	<b>PASSING</b>	<b>TEACHING POINTS</b>

## Aussie Hoops For Coaches

	<p><b>Tallyball Touchdown</b></p> <ul style="list-style-type: none"> <li>• Two teams of 6 to 8 players.</li> <li>• Aim is to complete (minimum) six consecutive passes then pass the ball to a team mate in a designated touchdown zone.</li> <li>• One point is scored when the player in the touchdown receives the ball after the minimum six consecutive passes.</li> <li>• After a point is scored the opposing team takes possession from the touchdown zone.</li> <li>• A new count starts each time there is a fumble, or interception.</li> <li>• No dribbling, no travelling, no fouling. If violation occurs, possession is taken from the side line.</li> <li>• 1 Ball per game</li> <li>• Full Court (or defined area)</li> <li>• Bibs for opposing teams</li> </ul> <p><i>Variation</i> Allow players one or two dribbles.</p>	<ol style="list-style-type: none"> <li>1. Lead for the ball</li> <li>2. Keep spacing, don't crowd the ball</li> <li>3. Defend one player each</li> <li>4. Move (cut) to an open space after you pass.</li> </ol>
10 Minutes	<b>SHOOTING</b>	<b>TEACHING POINTS</b>
	<p><b>Sink the Titanic</b></p> <p>One team Titanic: (maximum of 10 participants per team/per hoop)</p> <ul style="list-style-type: none"> <li>• Participants line up at a designated shooting spot (specific to age/ability playing)</li> <li>• The aim of the game is to keep the team alive for as long as possible</li> <li>• The game starts with the first person in line shooting</li> <li>• If they are successful they are safe and return to the back of the line</li> <li>• If they are unsuccessful they must get on the "Titanic" (baseline)</li> <li>• If the next shooter is successful they save the first person from the titanic</li> <li>• If unsuccessful they also go on to the Titanic at the back of the line</li> <li>• With every successful shot the player from the front of the Titanic line is saved</li> <li>• The game continues until everyone is on the Titanic and it is therefore "sunk"</li> </ul> <p>Multiple team Titanic: (played when there is more than 20 participants or insufficient</p>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>

## Aussie Hoops For Coaches

	<p>supervision for two rings)</p> <ul style="list-style-type: none"> <li>• Played the same as one team, except that there is two teams playing per basket (one side of the basket each)</li> <li>• The two teams play against each other</li> <li>• The last team still playing wins the game</li> <li>• Make sure each team shoots after the other</li> </ul> <p><i>Variations</i></p> <ul style="list-style-type: none"> <li>• The last player (the captain) shooting for a team can save everyone by shooting from further away from the ring</li> <li>• If this is successful then the next round is played with every player shooting from further out</li> </ul>	
<b>10 Minutes</b>	<b>MODIFIED GAME</b>	<b>TEACHING POINTS</b>
	<p><b>Golden Child</b></p> <ul style="list-style-type: none"> <li>• Similar to “Roller Ball</li> <li>• Fielding team lines up on the Free Throw line</li> <li>• 1 person shoots the ball</li> <li>• At the same time a runner is trying to make it around the “bases”</li> <li>• This person shoots until they make the basket</li> <li>• When the basket is made the runner must freeze</li> <li>• The next player shoots and the next runner starts and so on</li> <li>• The last runner is the “Golden Child”</li> <li>• The “Golden Child” can unfreeze the frozen runners by tagging them as he/she runs the “bases”</li> <li>• The score is the number of runners that get home before the shot is made, including those unfrozen by the “Golden Child”</li> <li>• Teams change positions</li> <li>• Winning team is the one with the most runs</li> </ul>	Encourage good technique for passing, catching and shooting
<b>5 Minutes</b>	<b>COOL DOWN</b>	
	<p>Pack the equipment away! Have the players pick up all of those balls or pick up those markers before having a stretch.</p>	<a href="http://www.aussiehoops.com.au">www.aussiehoops.com.au</a>

**Week 10**

“This is the last session plan for this program but There is still lots more you can do in Aussie Hoops!”



TIME 5 Minutes	ACTIVITY WARMUP AND STRETCH	TEACHING POINTS
	<p><b>Ball Scramble</b></p> <ul style="list-style-type: none"> <li>• Players start in half court area, each with a ball</li> <li>• On command from coach, everyone drops their ball, runs to a designated spot and returns</li> <li>• While the players are running, coach removes one ball</li> <li>• When the players get back they must all try and get a ball</li> <li>• Any player without a ball is out. With fewer players, start to reduce area.</li> </ul>	<p>This warmup should cover the 3 P’s:</p> <ul style="list-style-type: none"> <li>• <b>Prepare</b> the body for the activity ahead</li> <li>• <b>Performance</b></li> <li>• Help to <b>prevent</b> injury</li> </ul> <p>Make sure you follow proper stretching technique!</p>
5 Minutes	FOOTWORK	TEACHING POINTS
	<p><b>Red Light, Green Light</b></p> <ul style="list-style-type: none"> <li>• Children line up on the baseline, when the coach says <b>Green Light</b>, start jogging to the other end. If the coach says <b>Red Light</b> children freeze.</li> <li>• • Half Court (or defined area)</li> <li>• • 1 ball for each child (if you wish to introduce dribbling.</li> <li>• Size 5 basketballs are preferred, but if not available you can use soccer, netball or volleyball balls).</li> <li>•</li> <li>• Quick Teaching Tips</li> <li>• 1. Use a whistle or call “Go” and “Stop” if the analogy of traffic lights will mean nothing to children.</li> <li>• 2. Have players use a “jump stop” to stop.</li> </ul> <p><i>Variation</i></p> <ul style="list-style-type: none"> <li>• 1. Have players dribbling a ball.</li> </ul>	<ol style="list-style-type: none"> <li>1. Balance – nose behind toes</li> <li>2. Wide base of support</li> <li>3. “Sit” into stopping position</li> <li>4. Weight on balls of the feet</li> <li>5. Jump stop – stay low, good stance</li> <li>6. Stride stop – first foot is pivot foot “1-2” rhythm</li> </ol>

5 Minutes	BALL HANDLING AND DRIBBLING	TEACHING POINTS
	<p><b>Crossover and Skill Relay</b></p> <ul style="list-style-type: none"> <li>• Played similar to normal dribble relays</li> <li>• At every quarter court the participants must perform a crossover or a skill</li> </ul> <p>For example: First quarter – cross over, second quarter – behind the back, third quarter – 10 rapid fire dribbles, fourth quarter – full body wrap</p> <p>This is repeated on the way back as well</p> <p>First team to have completed the relay wins</p> <p>Note: Designate the skills to the level of participants</p> <p><i>Variation</i></p> <p>Half court relay (for younger participants)</p>	<p><b>Dribbling</b></p> <ol style="list-style-type: none"> <li>1. Wide stance - Good balance, knees bent, back straight and comfortable!</li> <li>2. Eyes up when dribbling;</li> <li>3. Dribble no higher than waist high;</li> <li>4. Fingers spread and guide the ball rather than “patting” it;</li> <li>5. Dribbling hand on top of the ball and other hand protects the ball;</li> </ol> <p><b>Ball Handling</b></p> <ol style="list-style-type: none"> <li>1. Look at a spot (to avoid looking at ball) and keep the head up</li> <li>2. Go as fast as possible. It’s okay to drop the ball!</li> </ol>
10 Minutes	SHOOTING	TEACHING POINTS
	<p><b>Elimination (Shooting Knockout)</b></p> <ul style="list-style-type: none"> <li>• Participants in one line at designated shooting spot (foul line, dotted line etc)</li> <li>• Both the first and second players in line have a ball</li> <li>• First player shoots</li> <li>• Once the first shooter’s ball has hit the rim the second player in the line can shoot the ball</li> <li>• After shooting their first shot, players can rebound their ball and shoot again from anywhere on the court</li> <li>• If the second player makes the basket before the first. the first player is knocked out</li> <li>• If the first player makes the basket first they pass the ball to the next person in line and return to the back of the line</li> <li>• The game continues on the basis</li> </ul>	<ol style="list-style-type: none"> <li>1. BEEF – Balance, eyes, elbow, follow through;</li> <li>2. Players need to bend their knees for distance.</li> <li>3. If there is a backboard use it!</li> </ol>

