

WEEK 1 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

LINE TAG

Activity Setup

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

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES

INTRODUCTION TO DRIBBLING

Activity Setup

- Coach stands in centre circle and participants gather around as per diagram.
- Participants begin to dribble on the spot.
- Coach calls out "change" and participants must change to other dribbling hand and continue dribbling on the spot.
- Coach calls out "change and go" and participants must then change hands again and begin to dribble around the circle clockwise.
- Coach calls out "change" and participants must change dribbling hands whilst moving.
- Repeat as desired.

TEACHING POINT

Stance

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

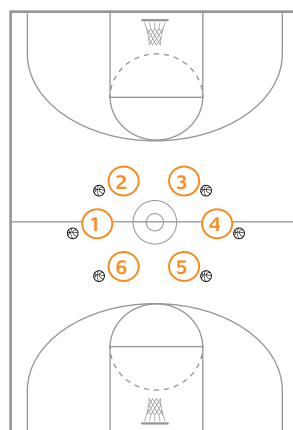
Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger "pads".
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.

Dribble Types

- Speed dribble.
- Power dribble/protection dribble.
- Crossover dribble.
- Double crossover.
- Punch and retreat.

TIME – 5 MINUTES



DRILL TO DEVELOP SKILLS

DRIBBLE RELAY

Activity Setup

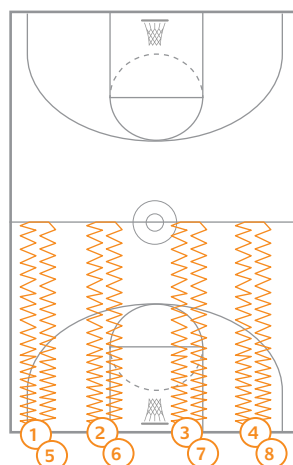
- Players line up on baseline.
- Dribble to half court right handed.
- Return left handed.
- Team that completes the required number of trips first wins.

TEACHING POINT

Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger "pads".
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.

TIME – 10 MINUTES



GAME BASED ACTIVITY

NUMBERS

Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a player in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first player to score a basket scores a point for their team.
- Set a time or a “first to” score.
- The team with the most points wins.



TEACHING POINT

Dribbling Stance

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

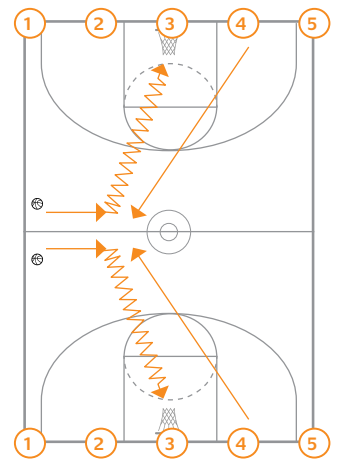
Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

Shooting lay-ups

- Ball off the palm, fingers spread to cradle the ball.
- Shoot layup off opposite foot.
- Underhand layup – roll ball off fingertips in an upwards movement.
- Aim for corner of shooting square.
- Overhand layup - Push elbow “up” through the middle of the ball.

TIME – 10 MINUTES



DRILL TO DEVELOP SKILLS

DRIBBLE KNOCKOUT

Activity Setup

- Set a playing area by using the court markings.
- All participants have a ball.
- Participants attempt to knock the ball away from their opponents while maintaining their own dribble.
- A participant is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds.
- As participants are eliminated, reduce the size of the playing area.
- The last two participants should be in one of the circles on the court.
- The last participant left is the winner.

TEACHING POINT

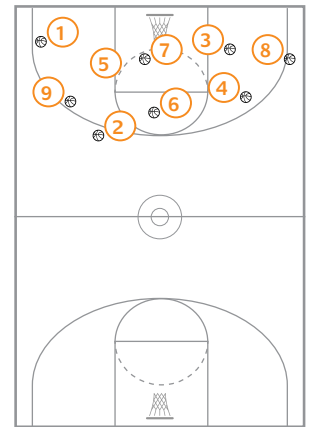
Dribbling Stance

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

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Promote protection dribble – turn back on opponents to create barrier.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

TIME – 15 MINUTES



MODIFIED GAME

21

Activity Setup

- First to reach ‘21’.
- Create two evenly matched teams.
- Participants line up at baskets.
- Participants take a shot from the 3 point line and rebound, dribble outside the key and take another shot, rebound and attempt a lay-up.
- Participants score 3pts for a made 3 point shot, 2 points for a shot outside the keyway and 1 point for a lay-up = total of 6 points if all shots made.
- When completed the next participant takes the same shots.
- Activity continues until one team scores 21.

TEACHING POINT

Stance

- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

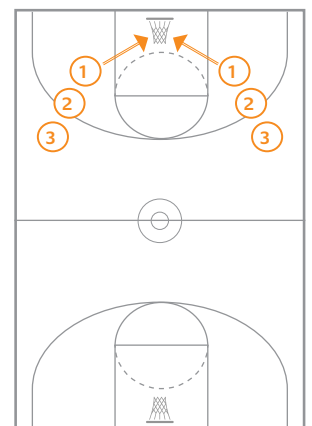
Position of Elbow

- Pointing at ring.
- Elbow under the ball.

Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.

TIME – 15 MINUTES



Basic warm down encouraged.

WEEK 2 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

PASS TAG

Activity Setup

- Divide the group into two even teams.
- Establish a defined area.
- One team has the ball and must pass it amongst each other to tag (with the ball) the other teams participants who move around the defined area trying to avoid being tagged with the ball.
- The passing team cannot move their feet when they have the ball.
- When a participant is tagged they move outside the defined area.
- If the passing team drops the ball the 'out' participants may return to the defined area.

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES



3 LANE PASSING – 2 BALL

Activity Setup

- Three participants per run.
- The two outside participants defensively slide whilst the middle participant runs.
- Using two balls, the outside participant passes to the middle participant and receives the ball back.
- Middle participant pivots to face the second ball and repeats the playing sequence.
- Continue down the court.

TEACHING POINT

Dribbling Stance

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

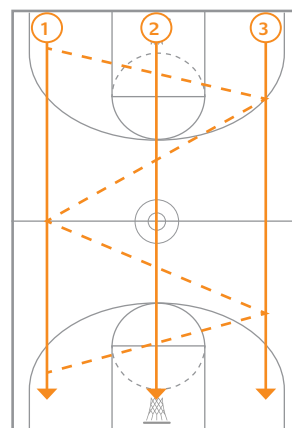
Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- "Snap" your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.

TIME – 10 MINUTES



DRILLS TO DEVELOP SKILLS

SLIDERS

Activity Setup

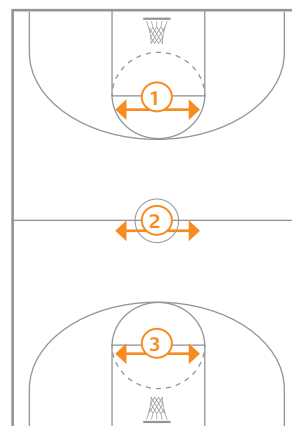
- Time: 3 x 30 seconds.
- Place markers at each end of the foul line and either side of the centre circle as per diagram.
- Participants perform a defensive slide between the markers.
- They must touch each marker as they slide.
- Participants perform the activity for 30 seconds.
- Participants count the number of times they touch the markers.
- Participants race each other, most touched cones wins.

TEACHING POINT

Defensive Stance

- Head in the middle of stance.
- Short sharp steps, keeping wide stance.
- First step in the direction you are going.
- Anticipate the movement of the offence.
- One hand up – on shot or pass.
- One hand down – pass or dribble.

TIME – 5 MINUTES



PEPPER PASSING

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

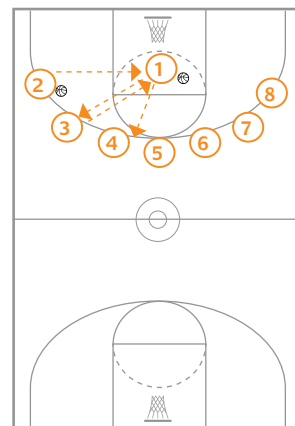
- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant's names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.



DRIBBLE RELAY

TEACHING POINT

TIME – 15 MINUTES

Activity Setup

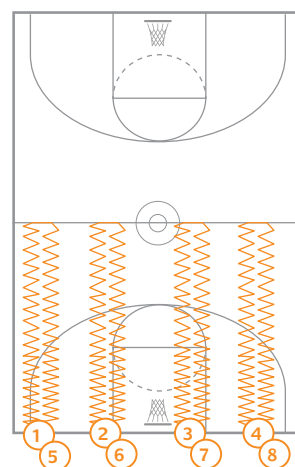
- Participants evenly line up on baseline behind four cones.
- Dribble to half court right handed and return left handed.
- Then hands the ball to the next team member.
- First team completed wins.

Dribbling Stance

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

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.



MODIFIED GAME

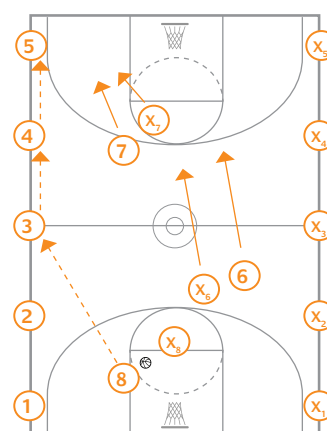
SIDELINE BASKETBALL

TEACHING POINT

TIME – 15 MINUTES

Activity Setup

- Divide participants into two equal teams.
- Three offensive and three defensive on the court.
- Each game starts with a jump ball.
- Participants spread out along the side of the court, each team having their own side.
- The sideline participants pass the ball down the line until the ball reaches the half court line.
- Once the ball reaches the half court line, a sideline participant passes the ball into their team waiting on the offensive side of the court.
- Participants pass between each other on the court and on the sideline.
- The object is to score a basket.



Variations: Allow or don't allow dribbling, add or reduce players.

Basic warm down encouraged.

WEEK 3 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

OBSTACLE COURSE RELAY

TEACHING POINT

TIME – 5 MINUTES

Activity Setup

- In even groups on the baseline.
- Set up a number of obstacles down the length of the court.
- In turn participants run through the obstacles performing the skills set by the coach.

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

GAME BASED ACTIVITY

COPY CAT

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

- Participants find a space in the half court where they can see the Coach.
- Coach demonstrates a skill and participants copy.

Ball handling skills

- Finger tips
- Head wraps
- Wrap arounds
- Single/double

Combination knee wraps

- Around the world
- Figure 8
- Blurr
- Stationary dribbling

Left and right combinations

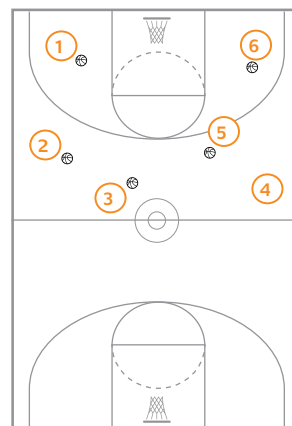
- Standing, kneeling, sitting & lying down
- Stationary dribbling

Stance

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

Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger "pads".
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.



DRILLS TO DEVELOP SKILLS

3 LANE PASSING – 2 BALL

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

- Three participants per run.
- The two outside participants defensively slide whilst the middle participant runs.
- Using two balls, the outside participant passes to the middle participant and receives the ball back.
- Middle participant pivots to face the second ball and repeats the playing sequence.
- Continue down the court.



Defensive Stance

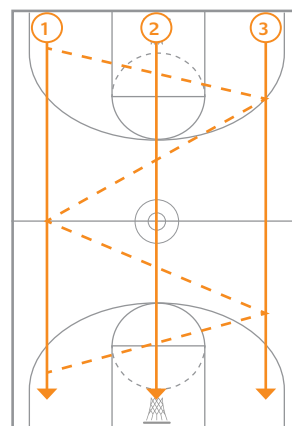
- Good balance, knees bent, head up, comfortable, back straight, wide stance.

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- "Snap" your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.



DRIBBLE – SHOOTING RELAY

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

- Participants are divided into two groups, a dribbling group and a shooting group.
- Each participant in the dribbling team dribbles from one baseline to the other and back again twice.
- At the same time, the shooting team makes as many layups as they can in the time it takes the dribbling team to complete their task.
- Reverse roles.
- Winning team has the most layups made at the end of the rotation.
- Use right and left hand shooting and dribbling.

Variation: Add dribble types – speed, protection, crossover dribbling to increase challenge.



Dribbling Stance

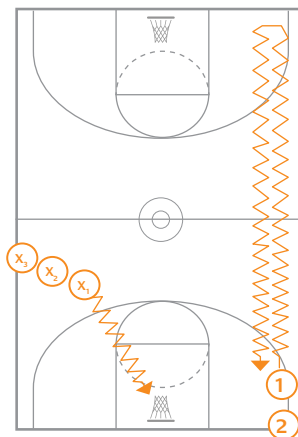
- Good balance, knees bent, comfortable, back straight, wide stance.

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.



KNOCKOUT CHAIR

TEACHING POINT

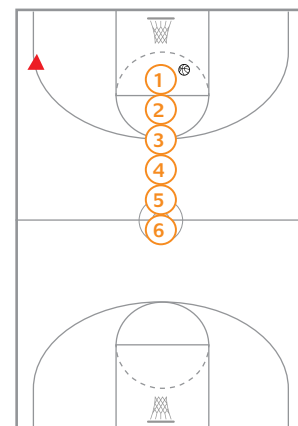
TIME – 10 MINUTES

Activity Setup

- Each participant shoots the ball from a designated spot.
- If the participant misses they sit on the “Knockout Chair”.
- If the next participant makes the shot the participant in the chair is out of the game.
- If the next participant misses the shot, they replace the participant on the chair, who returns to the end of the line.
- The last participant left wins.

Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.



MODIFIED GAME

SPEED CIRCLE

TEACHING POINT

TIME – 15 MINUTES

Activity Setup

- Teams line up at designated shooting spot and at centre circle.
- Team at the centre circle passes to centre man and back until they have been around the circle three times and all participants have been involved.
- At the same time the shooting team takes shots one after the other until the circle team has completed their circuit.
- Teams swap over and the team with the most made baskets wins.

Stance

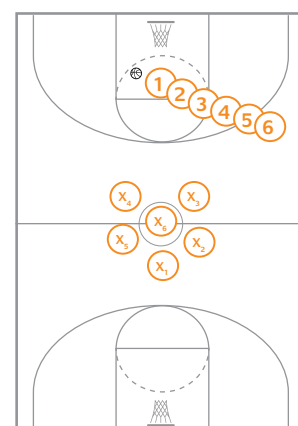
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

Position of Elbow

- Pointing at ring.
- Elbow under the ball.

Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.



- Shoot “up” not “at”.
- Power comes from the legs.

Basic warm down encouraged.

WEEK 4 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

TIGER BY THE TAIL

Activity Setup

- Participants pair up.
- One participant has a bib tucked into the back of their shorts.
- The other participant chases and attempts to steal the bib.
- Once the bib has been stolen, that participant becomes the tiger.

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES

GAME BASED ACTIVITY

LEAD AND PASS

Activity Setup

- Pair participants up with one ball between each pair.
- Participant 1 makes a V cut and then shows a target hand and receives a pass from participant 2.
- Participant 1 lands in a jump stop or stride stop.
- Participant 2 makes a V cut and then shows a target hand and receives a pass from participant 1.
- While the other participant is preparing to receive the next pass, the ball carrier pivots to pass from the best angle.

TEACHING POINT

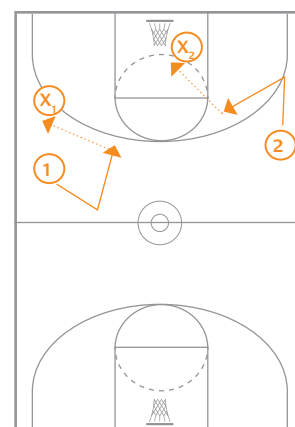
Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.

TIME – 10 MINUTES

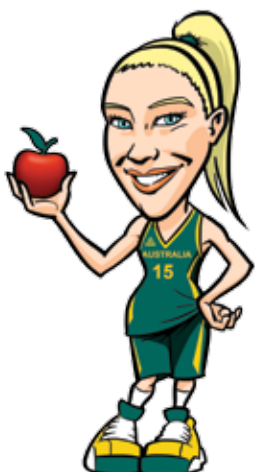


DRILLS TO DEVELOP SKILLS

NUMBERS

Activity Setup

- Divide the group into two teams with one team on each baseline.
- Each participant is given a number which corresponds with a player in the other team.
- The coach calls a number and throws two balls onto the court.
- The two participants collect a ball and dribble it to their basket to score.
- The first player to score a basket scores a point for their team.
- Set a time or a “first to” score.
- The team with the most points wins.



TEACHING POINT

Dribbling Stance

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

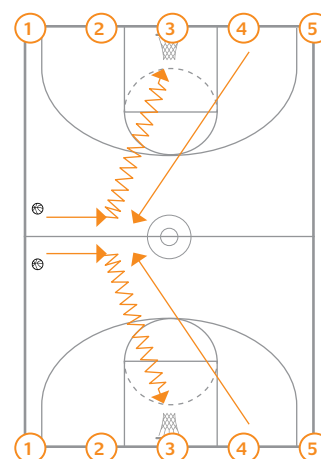
Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

Lay-ups

- Lift one knee (from right, lift right knee – from left, lift left knee) and shoot.
- Shooting right handed - step and jump off left foot.
- Shooting left handed – step and jump off right foot.
- Off the dribble – catch the ball as foot lands at the key-line.

TIME – 15 MINUTES



PIGGY IN THE MIDDLE

TEACHING POINT

TIME – 15 MINUTES

Activity Setup

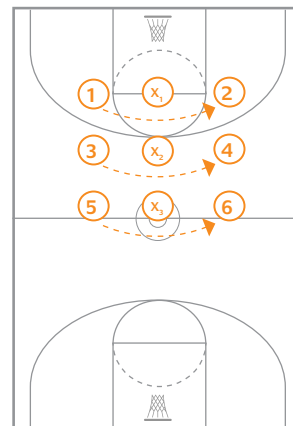
- Form groups of four with a passer, receiver, defender and gopher.
- Defender attempts to stop the ball getting to the receiver.
- Passer needs to fake and pass, pivot and pass.
- Passer cannot lob the pass.
- Passer must wait for the defender to be in front of them to pass.
- Defender keeps track of the number of times they deflect the ball.
- The gopher has a spare ball and will pass this to the passers and retrieve the deflected ball.
- Each defender stays in for 30 seconds to a minute.

Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- “Fake Pass” to “Make Pass”.
- Pass away from the defence.



MODIFIED GAME

SPEED CIRCLE

TEACHING POINT

TIME – 15 MINUTES

Activity Setup

- Teams line up at designated shooting spot and at centre circle.
- Team at the centre circle passes to centre man and back until they have been around the circle three times and all participants have been involved.
- At the same time the shooting team takes shots one after the other until the circle team has completed their circuit.
- Teams swap over and the team with the most made baskets wins.

Stance

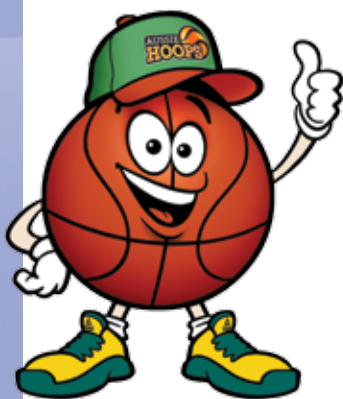
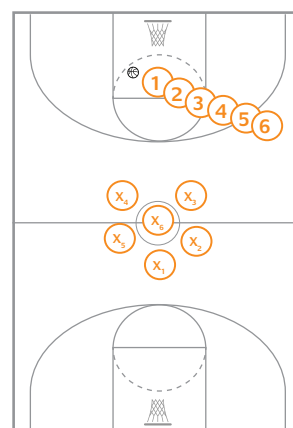
- Eyes on the target and shoulders square to the target.
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.
- “Shooting” foot pointing to your target.

Position of Elbow

- Pointing at ring.
- Elbow under the ball.

Shooting Grip

- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.



Basic warm down encouraged.

WEEK 5 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

FREEZE

Activity Setup

- Set a boundary using the court markings (e.g. – half court).
- Participants must run everywhere in the court, avoiding others by using change of direction footwork.
- Coach calls “freeze” and everyone must stop, using a stride or jump stop.
- On “go” participants begin to run again.
- Increase the difficulty by reducing the area participants have to move in.

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES



GAME BASED ACTIVITIES

DRIBBLE CROSSOVER

Activity Setup

- Participants each have a basketball and pair up, line up on baseline and half court facing each other.
- Participants dribble towards each other on right hand, crossover dribble when they reach each other and complete dribble to other end left handed.
- Maintaining a good stance and speed.

TEACHING POINT

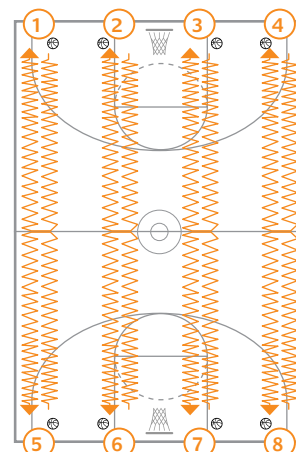
Dribbling Stance

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

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

TIME – 10 MINUTES



PASS KNOCKDOWN

Activity Setup

- Divide the group into two evenly matched teams.
- Set a playing area by using the court markings.
- Place two cones at each end of the area.
- Teams must pass the ball to get it by the defence.
- The attacking team needs to progress the ball into a position to knock down the cone.
- One point is given for each cone that is knocked over.
- Set the playing time or “first to” score.
- When the cone is knocked over the game is restarted with a jump ball or with the opposition getting possession at the end of the playing area.

TEACHING POINT

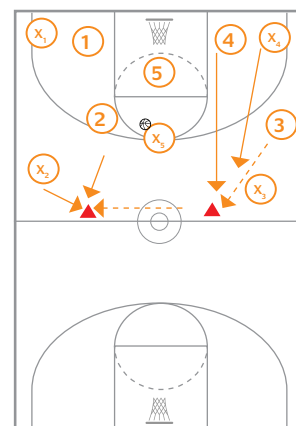
Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- “Fake Pass” to “Make Pass”.
- Pass away from the defence.

TIME – 15 MINUTES



DRILL TO DEVELOP SKILLS

FOUR LANE PASSING – 2 BALLS

TEACHING POINT

TIME – 10 MINUTES

Activity Setup

- Participants form pairs and line up evenly on the four baseline markers.
- Begin with one ball per pair.
- Markers 1 and 2 and markers 3 and 4 begin at the same times running the court and passing the ball back and forth to the other end of the court.

Variation: Have markers 1 and 4 pass to each other and markers 2 and 3 pass to each other.

Stance

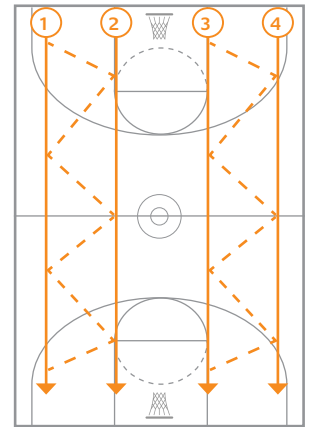
- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- “Fake Pass” to “Make Pass”.

Types of Passes

- Chest Pass
- Bounce Pass
- Push Pass



MODIFIED GAME

FULL COURT GAME

TEACHING POINT

TIME – 20 MINUTES

Activity Setup

- Coach selects two evenly matched teams.
- Coach umpires game.

Execution of all developed fundamental skills:

- Ball Handling
- Footwork & Movement
- Catching
- Dribbling
- Passing
- Shooting
- Defence



Basic warm down encouraged.

WEEK 6 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

PASS TAG

Activity Setup

- Divide the group into two even teams.
- Establish a defined area.
- One team has the ball and must pass it amongst each other to tag (with the ball) the other teams participants who move around the defined area trying to avoid being tagged with the ball.
- The passing team cannot move their feet when they have the ball.
- When a participant is tagged they move outside the defined area.
- If the passing team drops the ball the 'out' participants may return to the defined area.

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES



GAME BASED ACTIVITY

21

Activity Setup

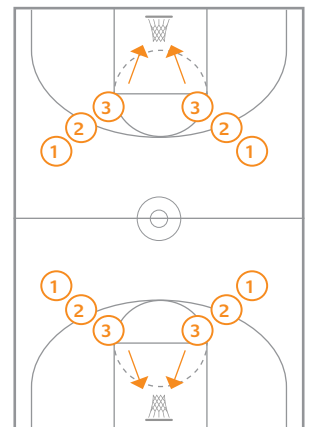
- Time: First to reach '21'.
- Create two evenly matched teams.
- Participants line up at baskets.
- Participants take a shot from the 3 point line and rebound, dribble outside the key and take another shot, rebound and attempt a lay-up.
- Participants score 3pts for a made 3 point shot, 2 points for a shot outside the keyway and 1 point for a lay-up = total of 6 points if all shots made.
- When completed the next participant takes the same shots.
- Activity continues until one team scores 21.

TEACHING POINT

Shooting:

- Stance – good balance, knees bent, head up, “shooting” foot slightly forward.
- “Nose behind toes” and head in the middle of the stance.
- Eyes on the target.
- “Shooting” foot pointing to your target.
- Elbow under the ball.
- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.

TIME – 15 MINUTES



DRILL TO DEVELOP SKILLS

PASS KNOCKDOWN

Activity Setup

- Divide the group into two evenly matched teams.
- Set a playing area by using the court markings.
- Place two cones at each end of the area.
- Teams must pass the ball to get it by the defence.
- The attacking team needs to progress the ball into a position to knock down the cone.
- One point is given for each cone that is knocked over.
- Set the playing time or “first to” score.
- When the cone is knocked over the game is restarted with a jump ball or with the opposition getting possession at the end of the playing area.

TEACHING POINT

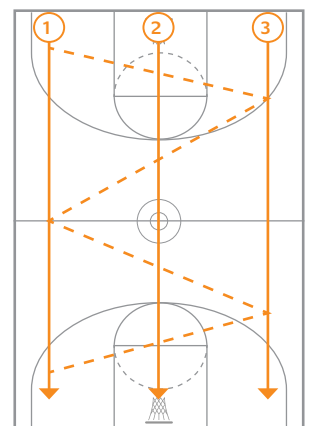
Stance

- Head in the middle of stance.
- Good balance, knees bent, head up, comfortable, back straight, wide stance.
- Nose behind toes.

Passing

- Ball is held with fingers relaxed and spread, thumbs behind the ball and elbows bent.
- Step towards the receiver as you pass.
- “Snap” your wrists and fingers on release.
- Follow through - Point your fingers towards the target and your thumbs to the ground.
- “Fake Pass” to “Make Pass”.
- Pass away from the defence.

TIME – 10 MINUTES



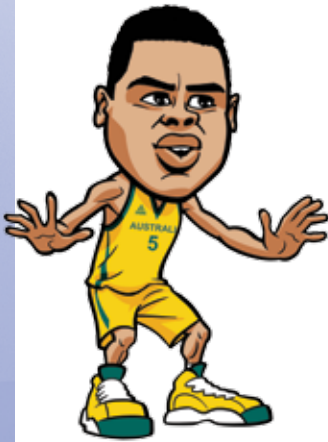
MODIFIED GAMES

LAY UP RACE

Activity Setup

- Divide the group into three evenly matched teams and line them up on the markers at the baseline.
- The first participant in each team dribbles to the opposite end and shoots until they score the basket.
- Once scored they dribble back to their team, jump stop at the foul line and pass to the next participant.
- Continue through the team.
- The first team finished wins.

Variation: Increase difficulty by making participants dribble and shoot with their opposite hand.



TEACHING POINT

Stance

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

Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger “pads”.
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.

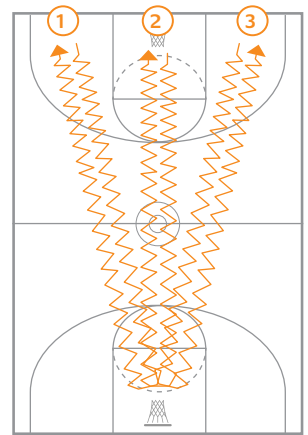
Dribble Types

- Speed dribble.
- Power dribble/protection dribble.
- Crossover dribble.
- Double crossover.
- Punch and retreat.

Shooting

- Eyes on the target.
- “Shooting” foot pointing to your target.
- Elbow under the ball.
- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.

TIME – 10 MINUTES



FULL COURT GAME

Activity Setup

- Coach selects two evenly matched teams.
- Coach umpires game.

TEACHING POINT

- Execution of all developed fundamental skills:
 - Ball Handling
 - Footwork & Movement
 - Catching
 - Dribbling
 - Passing
 - Shooting
 - Defence

TIME – 20 MINUTES

Basic warm down encouraged.

WEEK 7 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

COPY CAT

Activity Setup

- Participants find a space in the half court where they can see the Coach.
- Coach demonstrates a skill and participants copy.

Ball handling skills

- Finger tips
- Head wraps
- Wrap arounds
- Single/double

Combination knee wraps

- Around the world
- Figure 8
- Blurr
- Stationary dribbling

Left and right combinations

- Standing, kneeling, sitting & lying down
- Stationary dribbling

TEACHING POINT

Warm-up should cover the 3 P's:

- **Prepare** the body for the activity ahead
- **Performance**
- Help to **prevent** injury

Stretching: Follow correct stretching techniques.

TIME – 5 MINUTES



GAME BASED ACTIVITIES

DRIBBLE KNOCKOUT

Activity Setup

- Set a playing area by using the court markings.
- All participants have a ball.
- Participants attempt to knock the ball away from their opponents while maintaining their own dribble.
- A participant is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds.
- As participants are eliminated, reduce the size of the playing area.
- The last two participants should be in one of the circles on the court.
- The last participant left is the winner.

TEACHING POINT

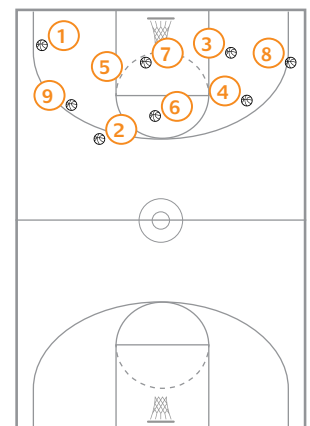
Dribbling Stance

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

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Promote protection dribble – turn back on opponents to create barrier.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

TIME – 10 MINUTES



SLIDERS

Activity Setup

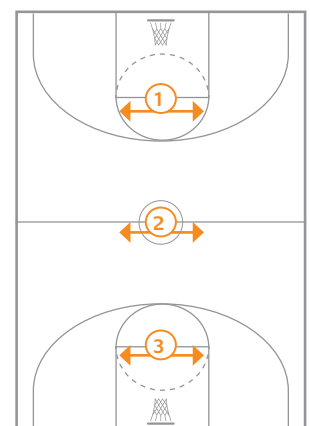
- Time: 3 x 30 seconds.
- Place markers at each end of the foul line and either side of the centre circle as per diagram.
- Participants perform a defensive slide between the markers.
- They must touch each marker as they slide.
- Participants perform the activity for 30 seconds.
- Participants count the number of times they touch the markers.
- Participants race each other, most touched cones wins.

TEACHING POINT

Defensive Stance

- Head in the middle of stance.
- Short sharp steps, keeping wide stance.
- First step in the direction you are going.
- Anticipate the movement of the offence.
- One hand up – on shot or pass.
- One hand down – pass or dribble.

TIME – 10 MINUTES



DRILLS TO DEVELOP SKILLS

PEPPER PASSING

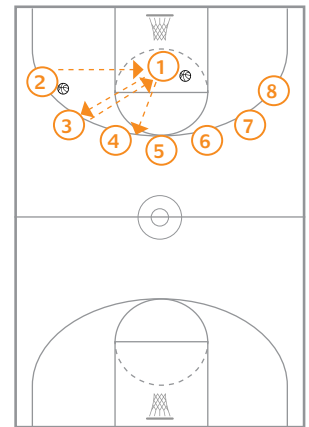
Activity Setup

- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant's names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

TEACHING POINT

- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.
- Add in other elements such as a star jump for participant 1 in between passes to heighten challenge.

TIME – 5 MINUTES



SEVEN

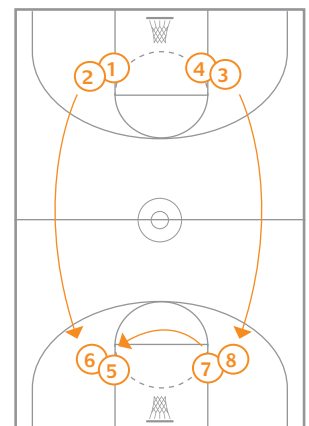
Activity Setup

- Divide players into evenly matched groups.
- Players take turns to shoot from the designated cones.
- Each shot is worth 1 point.
- When a basket is scored the team yells out the total number they are on.
- First team to 7 wins.

TEACHING POINT

- Stance – good balance, knees bent, “shooting” foot slightly forward.
- “Nose behind toes” and head in the middle of the stance.
- Eyes on the target.
- “Shooting” foot pointing to your target.
- Elbow under the ball.
- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.

TIME – 10 MINUTES



MODIFIED GAME

FULL COURT GAME

Activity Setup

- Coach selects two evenly matched teams.
- Coach umpires game.

TEACHING POINT

- Execution of all developed fundamental skills:
 - Ball Handling
 - Footwork & Movement
 - Catching
 - Dribbling
 - Passing
 - Shooting
 - Defence

TIME – 20 MINUTES



Basic warm down encouraged.

WEEK 8 SESSION CARD



WHAT YOU WILL NEED:

- Maximum of one (1) size 5 basketball per person
- One (1) Aussie Hoops Coach per fifteen (15) children
- A defined area

OPTIONAL:

- A basketball hoop for shooting activities
- Cones and whistle

WARM UP & STRETCHING

HUMAN TUNNEL BALL

Activity Setup

- Participants are divided into two lines in line formation at one end of the court.
- On “Go” the leader turns and crawls through the legs of the ‘Human Tunnel’.
- When they reach the end and have stood up they yell out “Tunnel” and the next person crawls through.
- The lines will naturally progress backwards down the court.
- The first line to reach the end of the court wins.

TEACHING POINT

Warm-up should cover the 3 P’s:

- **Prepare** the body for the activity ahead
 - **Performance**
 - Help to **prevent** injury
- Stretching:** Follow correct stretching techniques.

TIME – 5 MINUTES



DRIBBLE KNOCKOUT

Activity Setup

- Set a playing area by using the court markings.
- All participants have a ball.
- Participants attempt to knock the ball away from their opponents while maintaining their own dribble.
- A participant is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds.
- As participants are eliminated, reduce the size of the playing area.
- The last two participants should be in one of the circles on the court.
- The last participant left is the winner.

TEACHING POINT

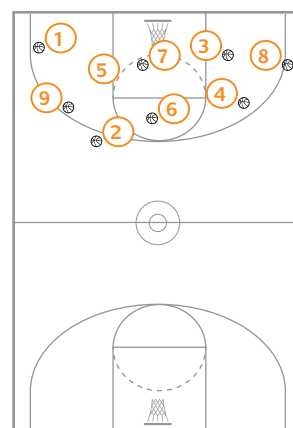
Dribbling

- Stance: good balance, knees bent, comfortable, back straight, wide stance.

Dribbling Hand Position

- Dribble above the knee and below hip height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Promote protection dribble – turn back on opponents to create barrier.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and keep the head and eyes up.

TIME – 10 MINUTES



GAME BASED ACTIVITY

DRIBBLING V SHOOTING RELAY

Activity Setup

- Participants are divided into two evenly matched groups, a dribbling group and a shooting group.
- Each participant in the dribbling team dribbles from one baseline to the other and back again, twice.
- At the same time, the shooting team makes as many layups as they can in the time it takes the dribbling team to complete their task.
- Reverse roles.
- Winning team has the most layups made at the end of the rotation.
- Use right and left hand shooting and dribbling.

TEACHING POINT

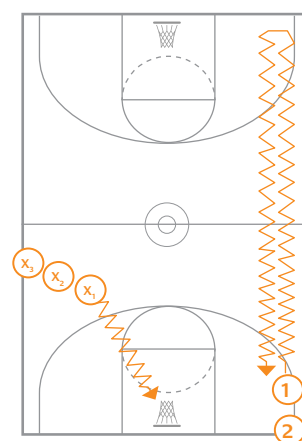
Dribbling

- Stance: good balance, knees bent, comfortable, back straight, wide stance.
- Dribble just above knee height.
- Fingers spread to maximise control.
- Dribbling hand on top of the ball and other hand protects the ball.
- Guide the ball with a gentle pushing action rather than patting the ball.
- Dribble with left and right hands and head up.

Shooting

- Stance – good balance, knees bent, head up, “shooting” foot slightly forward.
- “Nose behind toes” and head in the middle of the stance.
- Eyes on the target.
- “Shooting” foot pointing to your target.
- Elbow under the ball.
- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.

TIME – 10 MINUTES



- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.

DRILLS TO DEVELOP SKILLS

LAY UP RACE

Activity Setup

- Divide the group into three evenly matched teams and line them up on the markers at the baseline.
- The first participant in each team dribbles to the opposite end and shoots until they score the basket.
- Once scored they dribble back to their team, jump stop at the foul line and pass to the next participant.
- Continue through the team.
- The first team finished wins.

Variation: Increase difficulty by making participants dribble and shoot with their opposite hand.



TEACHING POINT

Stance

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

Dribbling

- Fingers relaxed and spread on the ball.
- Keep the ball in the finger “pads”.
- Dribble no higher than hip height.
- Fingers spread for maximum control.
- Guide the ball with fingertips.
- Use left and right hands.
- Keep your head and eyes up.

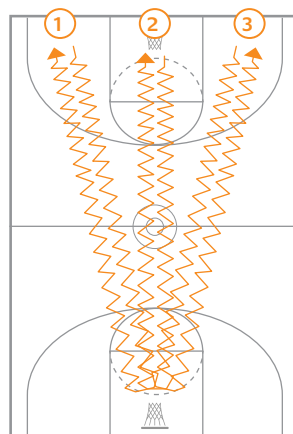
Dribble Types

- Speed dribble.
- Power dribble/protection dribble.
- Crossover dribble.
- Double crossover.
- Punch and retreat.

Shooting

- Eyes on the target.
- “Shooting” foot pointing to your target.
- Elbow under the ball.
- Ball off the palm, fingers spread to cradle the ball.
- Push elbow “up” through the middle of the ball.
- Follow through, “lock” the elbow and “snap” the wrist.
- Shoot “up” not “at”.
- Power comes from the legs.

TIME – 10 MINUTES



PEPPER PASSING

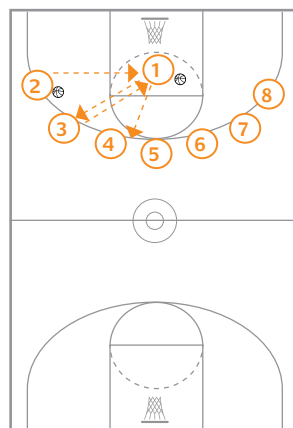
Activity Setup

- Participants line up as per diagram. Two balls with participant 1 and participant 2.
- Participant 1 passes to participant 3 and receives pass from participant 2, then participant 1 passes to participant 4 and receives from participant 3 and the activity continues.
- Have participants use peripheral vision and communicate other participant’s names.
- Participant 1 moves to participant 2 location at completion of round, all other participants rotating through with participant 8 becoming participant 1.

TEACHING POINT

- Promote and educate on value and importance of peripheral vision and good communication.
- Increase speed of passing as participants improve.
- Add in other elements such as a star jump for participant 1 in between passes to heighten challenge.

TIME – 5 MINUTES



MODIFIED GAME

FULL COURT GAME

Activity Setup

- Coach selects two evenly matched teams.
- Coach umpires game.

TEACHING POINT

Stance

- Execution of all developed fundamental skills:
 - Ball Handling
 - Footwork & Movement
 - Catching
 - Dribbling
 - Passing
 - Shooting
 - Defence

TIME – 20 MINUTES



Basic warm down encouraged.