

# AUSSIE HOOPS

## Ball Handling

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### 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!”*



### 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!

# AUSSIE HOOPS

## 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

**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