

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

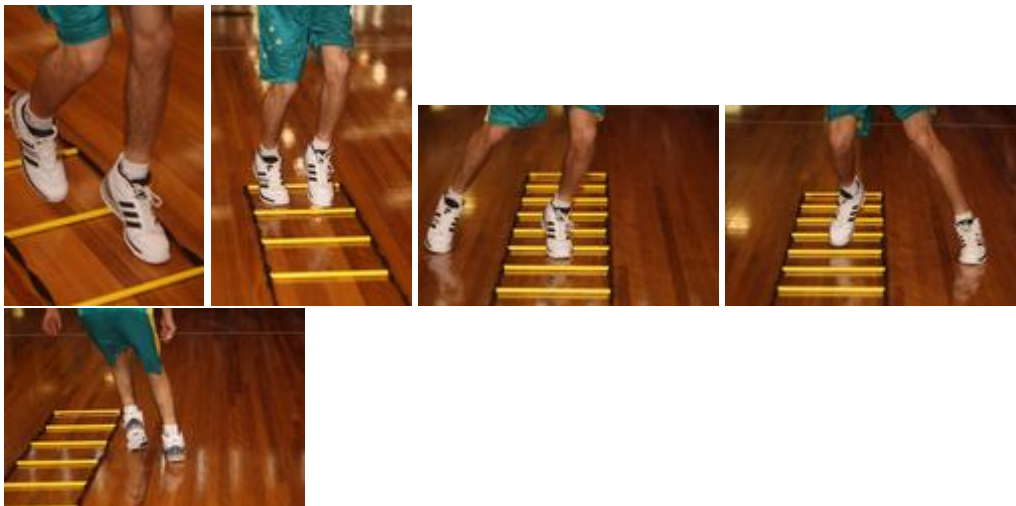
- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Pivot on the ball of the foot over the front of the pivot foot
- Stay low
- Maintain low balanced stance throughout, step rather than spin.

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

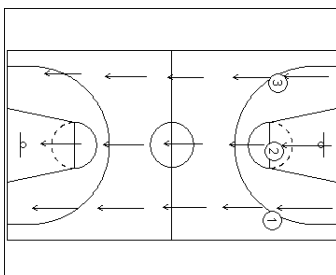
- Keep on toes
- Stay low
- Quick feet



ACTIVITY

Red light, green light

- Half Court (or defined area)
- 1 ball for each child (if you wish 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)
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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 “jump stop” to stop.

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.