

AUSSIE HOOPS



GRADES 5 & 6 SESSION #1

Total time allocated - 60 Minutes

All Aussie Hoops sessions are designed for children of all abilities to:

- Have FUN;
- Learn basketball skills;
- Play with their friends;
- Have a go at all activities;
- "It's okay to make mistakes!"



AIM OF SESSION

WHAT YOU WILL NEED

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

- 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.

WARM UP AND STRETCHING - 5 Minutes

TEACHING POINTS

Dribbling Red Rover Crossover

- 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.

- Eyes up when dribbling;
- Avoid pushing when tagging other players.



BALL HANDLING - 5 Minutes

TEACHING POINTS

Finger tip handling

- Ball to be "juggled" between right and left hand fingertips

Ball wraps

- Around the head, waist, legs and figure 8.



1. Teach children to not look at the ball and keep their 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!"

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!"

DRIBBLING - 10 Minutes

Stationary dribbling

- Use left, right and alternate hands.

Dribbling on the move

Dribble to opposite sideline and back.



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;

Now let's play!

"Nominate a leader to dribble for players to follow what the leader is doing ("Follow the Leader") or have a relay race!"

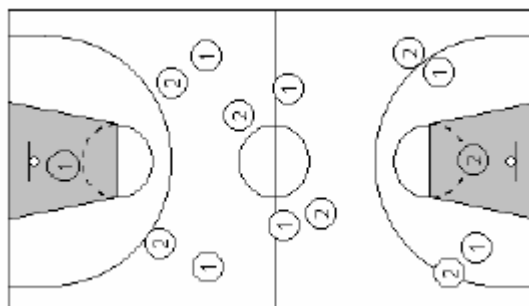
PASSING - 15 Minutes

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;
- One point is scored when the player in the touchdown zone 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.

TEACHING POINTS



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 to use up to two dribbles

SHOOTING - 10 Minutes

Shooting knockout

- Line up all players behind a line in front of the basket;
- The first and second player in the line have a ball;
- The first player shoots the ball;
- The second player can then shoot the ball;
- If the first player makes it in before the second player they remain in if not they are out;
- If the first player misses they must rebound the ball and continue shooting from wherever they choose until they make it;
- The first player must make the basket before the second player at all times.
- The last player in wins!

TEACHING POINTS

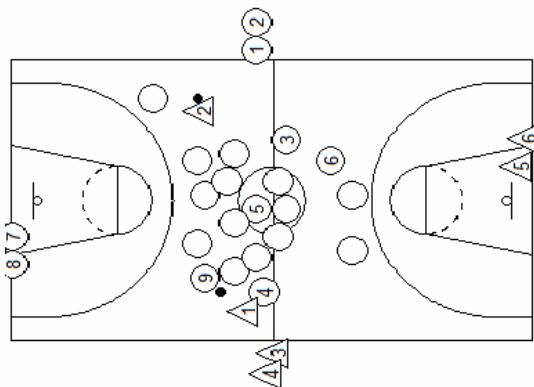
1. BEEF - Balance, eyes, elbow, follow through;
2. Players need to bend their knees for distance.
3. If there is a backboard use it!



MODIFIED GAME - 10 Minutes

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 out side 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".



TEACHING POINTS

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".*



WARM DOWN - 5 Minutes

Pack the Equipment Away!

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

Check out the Aussie Hoops website!
www.aussiehoops.com.au

Aussie Hoops is proudly supported by...



Australian Government
Australian Sports Commission

