

# AUSSIE HOOPS

Grade K - 2

Session #1

Total time allocated: 50 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

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.

## WARM UP AND STRETCHING - 5 Minutes

### Duck, Duck, Goose

- One (1) player is nominated to be "in";
- All remaining players form a circle and are seated;
- The player who is "in" walks around the circle and taps each player on the head while saying either "Duck" or "Goose";
- As soon as the player calls "goose" the player who is "in" is chased by the "goose" around the circle;
- The "goose" has to tag the "in" player before they are seated in the "goose's" seat.

## TEACHING POINTS

- You must choose someone who hasn't had a go as "goose";
- Run as fast as you can!



## BALL HANDLING - 5 Minutes

### Finger tip handling

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

### Ball wraps

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



## TEACHING POINTS

1. Keep your 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!"

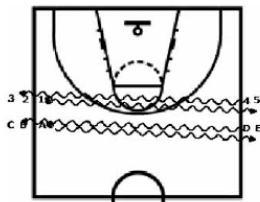
## DRIBBLING - 10 Minutes

### 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 push the ball and make it bounce loud;
5. Dribbling hand on top of the ball and other hand protects the ball;
6. Use both left and right hands.

### Now let's play!

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

## PASSING - 5 Minutes

### Partner 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.

### Now let's play!

"How many passes can be made without dropping the ball?"

### Variation

Add a defender in the middle who tries to steal the pass ("piggy in the middle")

## TEACHING POINTS

- 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;
- "Fake a pass to make a pass";
- Pass away from the defence;
- Spread fingers and extend arms;
- "Eyes on the target";
- Bend arms to catch.

## SHOOTING - 10 Minutes

### First to 5

- Arrange players into groups with a minimum of four (4) per group;
- 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;
- One player from each group will dribble towards the basket at one time until they are a short distance away from it;
- Each player will have one shot and then take the ball back to the next person in the line;
- This continues until one group makes five baskets.

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

### If there's no Hoop!

- Make a mark on the wall;
- Use a garbage bin.



## MODIFIED GAME - 10 Minutes

### Pac Man

- All players must stay on one of the lines marked on the court;
- Players spread out, with 3 being "it";
- The players that are "it" have a ball and dribble along the lines trying to catch others;
- When they catch someone they hand them the ball and change roles.

## TEACHING POINTS



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