Basketball Queensland

AUSSIE HOOPS RESOURCE MANUAL

A coaching manual filled with fun, easily explained basketball games to assist all teachers and parents to introduce children to the game of basketball

ABOUT THE COACHING MANUAL

This coaching manual is an instructional guide for teachers, parents and coaches. It is designed to provide a framework for introducing primary school aged children to the game of basketball.

It is a non-threatening approach to enjoying and learning the game of basketball. The games and activities are designed with two important aspects in mind... FUN and PARTICIPATION i.e. everybody plays and everyone has fun regardless of ability.

The manual is meant to be easy to read and user friendly. There are 5 different sections to this manual, each of them separated by different colours down the side of the page. These sections are:

1. Warm-up Games
2. Dribbling Games
3. Passing Games
4. Shooting Games
5. Modified Games

Next to the activity title you will also find a coloured circle. This circle represents the complexity of the game, as follows:

- Green ● = Easy
- Yellow ● = Medium
- Red ● = Hard

If you think there are improvements which could be made to make it easier to read or more user friendly, we would like to hear from you. In future editions of the manual we would like to include those suggestions, build on the number of games and activities and provide even more useful information to you about our sport.

Also attached at the back of this manual is the Basketball QLD Basketball Guide - an introduction and guide for people wanting to get involved in basketball at any level.

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WARM UP GAMES

Warm up games are generally expected to get the participants body and mind prepared and reduce the chance of injury. By slightly raising the body's temperature, warm ups enable players to perform more efficiently.

The warm up creates a base of fitness that helps player's performance improve. When players progress, more specific training can be added into the warm up. Warm ups should consist of more than a "jog around the court twice, then stretch". Try to incorporate some basic skills and movements in the warm up as well as making it fun and interesting.

In the following section are many fun games that are ideal to use in the warm up phase however they can also be used at any stage throughout a session. Each game focuses on one or two skills or body movements and can therefore be used for specific focus if needed.

STEAL THE BIB

(Similar to Peg Game)

You Need:

- Bib's (the game will still work if there is not enough bibs for each participant)
- Full court / defined area

Rules:

- Each player starts with a bib (tags or pegs can also be used) tucked into the back of the participants shorts
- All players run freely in the defined area
- Participants must try to take a bib off other players, whilst staying in defined area
- Players can only take one bib at a time
- Once participants steal a bib, they must immediately tuck it into their shorts
- The winner is the participant with the most bibs after a designated time

Variation:

- Have players dribble a basketball around the defined area as they try and steal the bibs
- Players only to dribble with their right hand / left hand etc

Teaching Points:

- Change of pace
- Change of direction
- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for greater ball control
- Dribble with eyes up

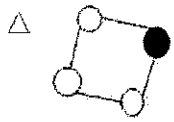
CAT & MOUSE / CIRCLE TAG

You Need:

- Defined area

Rules:

- Form groups of 4 or 5
- 3/4 players join hands to make a circle, with 1 player outside of the circle
- The Player not in the circle is the *Cat*
- The *Cat* chooses one player in the circle to be the *Mouse*



- The *Cat* must chase the *Mouse* and tag them, by running outside the circle
- The players forming the circle must always hold hands and move around to protect the *Mouse*
- The *Cat* cannot reach across the circle - they must run around the circle

Teaching Points:

- Identify a spot on the floor or the ground at the centre of the circle. The players in the circle must maintain this spot within their circle (this prevents groups running into each other and reduces the chances of players being pulled over)
- Basketball defensive movement (players in circle):
  - ⇒ Feet shoulder width apart for good balance
  - ⇒ Knees bent
  - ⇒ Sliding - rather than running movement, use the sideways movement
  - ⇒ Try to avoid bringing the feet completely together because that reduces the base and reduces players balance
  - ⇒ Maintain arms in bent position to avoid pulling team mates in the circle
  - ⇒ Emphasis on footwork and foot movement rather than pulling with the arms and upper body

IN & OUT

You need:

- A line marked on the floor or ground

Rules:

- Have the players line up with their toes behind the line – this is the "out" position
- When the coach calls "in", players jump over the line
- When the coach calls "out" players jump backwards over the line
- Players must jump with both feet and land with both feet (good balanced basketball stance)
- Players must always face the coach
- The coach will try and trick them by calling "out" when they are already out and "in" when they are already "in"
- If a player gets tricked, or if a player lands on the line, they are out
- The winner is the last person left in the game

Variation:

- When players are out of the game, to keep them involved, have them:
  - ⇒ Help the coach spot the players who jump when they are not supposed to or players who land on the line
  - ⇒ Have them run one lap around the court once they get out

Teaching Points:

- Issue instructions at a slow pace to begin with. If the game is taking too long, speed up instructions – the player with the slowest reaction is out
- Listening
- Balance and stance (basketball defensive stance)
- Feet shoulder width apart
- Heels slightly raised
- Knees bent
- Hands up and ready, fingers spread

BALL SKILLS / SIMON SAYS

You need:

- A defined area
- 1 basketball per player

Rules:

- Set group up in a big circle with coach in the middle.
- Players to copy coach

Some Skills include:

- Wrap ball around waist
- Wrap ball around knees (knees together)
- Finger tips (hold ball above the head and tap it back and forth between fingertips of each hand)
- Around the world (wrap the ball around the head, waist, legs, going up and down your body)
- Figure 8 wrap (stand with legs wide apart and pass the ball in a figure 8 motion through the legs)
- Figure 8 dribble (as above but perform little dribbles as you go around in a figure 8 motion)
- Stationary dribble left and right
- Standing, kneeling, sitting, laying down
- Bounce the ball right hand waist height
- Bounce the ball right hand as low as possible
- Bounce the ball left hand waist height
- Bounce the ball left hand as low as possible
- Swap hands each time you dribble (cross over)
- Bounce ball between legs (back and forth)
- Bounce ball all the way around your body (keeping feet still)
- Ball behind your head, roll it down your back and catch it again at the base of your back
- Throw the ball in the air and see how many claps you can do before you catch it

Variations:

- Partner Ball Skills:
  Standing back to back and 1 ball between the pair, perform the following skills:
  - ⇒ Passing the ball side to side
  - ⇒ Pass the ball so that one person in the pair passes it through their legs and the other person passes it above their legs (Under and Over)
  - ⇒ Dribble in a circle motion to your partner (partner does not pick up the ball but continues bouncing it)

  **Pretend the kids feet are in cement, can only move upper body*
  **When you blow the whistle they must change direction*

Teaching Points:

- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Dribble with eyes up

ROB THE NEST

You Need:

- 4 teams
- 4 hoops / buckets
- Half court / defined area
- (X) number of basketballs (eggs) - the more the better

Rules:

- Divide the group into four teams, each team is in one corner of the half court
- Each team has a hoop with an even number of balls in it
- On "go" the first player in the line runs to rob another team's nest of 1 ball at a time, then they dribble the ball back to their own hoop
- The next person in line then goes to try and steal another ball
- This continues for (X) amount of minutes - the team with the most balls left in their hoop is the winner
- Teams cannot interfere with someone stealing a ball out of their hoop
- Only one player from each team can be out collecting a ball at any one time

Variations:

- Instead of stealing basketballs, use bibs, bean bags or the like. All players have a basketball and must bounce (dribble) it while going to and from stealing the chosen items
- Use a fifth hoop or bucket placed in the centre of the playing area:
  - ⇒ Balls (eggs) can only be taken back to a team's nest when taken from the centre hoop
  - ⇒ All balls (eggs) stolen from the nests must be placed in the centre hoop and that player must then return to his team
  - ⇒ If no ball is available to from the centre, the players must take from another teams nest and put it in the centre
  - ⇒ Players can take directly from the centre when and if there is a ball there to take

Teaching Points:

- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height
- Dribble with eyes up

DRIBBLE KNOCKOUT

You Need:

- 1 basketball per player
- Half Court / defined area
  * NOTE: this game can be played with two or more players

Rules:

- Players spread themselves out within the defined area
- Players must dribble around continuously within the area, attempting to knock other player's balls away from them
- Players are eliminated from the game when they:
  - ⇒ have their ball knocked out of the defined area
  - ⇒ step outside the defined area
  - ⇒ pick up their basketball; or
  - ⇒ when they double dribble (dribbling with both hands at the same time)
- Players must stay within the defined area
- Players must always be dribbling their basketball
- Players can not pick up their basketball when other players try to knock it away
- Players can swap hands
- Players cannot throw their ball to knock others balls away
- As the number of players reduce, reduce the area they play in (i.e. half court > 3-point line > keyway > circle

Variation:

- If a player's ball gets knocked away, they go and retrieve it and come back into the game. The winner is the first person to knock 5 peoples balls outside of the defined area (or do not have a winner at all)
- When player's get eliminated from the game, they stand around the edge of the defined area (they must keep their feet still) and use their hands to knock away the basketballs of players still in the game
- Play in 2 or 3 different areas (i.e. the 3 circles on a basketball court). As players are eliminated from one area, they move on to play in one of the other games

Teaching Points:

- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better control
- Dribble with eyes up
- Use non-dribbling arm to shield the ball (arm bar)
- Change hands and direction (including going backwards) to avoid other players. Encourage flair (e.g. ball between the legs or around the back)

BALL SCRAMBLE

You need:

- 1 basketball per participant
- Half court / defined area

Rules:

- Players spread themselves out within the half court / defined area, all with a basketball
- Players must always be bouncing (dribbling) their ball
- Players move around bouncing their ball while skipping, hopping or running (coaches call out what movement is to be performed) within the defined area
- When the coach blows the whistle, everyone must drop their basketball and run to touch the baseline at the other end of the court (or touch the stands) and then return
- While the players are running down to the other end, the coach removes one ball
- Players come back and grab the closest basketball
- The player without a basketball is out
- Continue until there is an eventual winner

Variation:

- Remove 2 - 3 balls at the one time
- Specify what hand, dribble action they must dribble with / perform

Teaching Points:

- With fewer players, start reducing the area
- Change of pace while dribbling
- Change of direction while dribbling
- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better control
- Dribble with eyes up

NUMBER DRIBBLING

You need:

- Group divided into pairs
- 1 basketball between each pair

Rules:

- Split the group into pairs and name the member of each pair A and B
- Get the A's to stand along a sideline with a basketball, and B's standing in the court facing them
- B runs backwards holding up one hand, continually changing the number of fingers they are holding up
- A dribbles towards B, calling out the number of fingers B is holding up
- Once A has called the correct number, B changes the number of fingers he/she is holding up
- Once they reach the opposite sideline, swap over and repeat the game going the other way

Variations:

- Group Number Dribbling:
  Spread the kids out over an area so they can see you. You stand in the middle circle holding your fingers up and make them perform a dribble move on the spot while calling out the number of fingers you are holding up
- Coach tells them what hand / dribbling action to perform

Teaching Points:

- Dribble with eyes up
- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better control

SHARKS AND SARDINES

You need:

- 1 basketball per participant
- Full court / defined area

Rules:

- One player, the "shark" stands at the half court as "it" (the shark does not have a basketball)
- Everyone else ("sardines") stand along the baseline with their basketball
- When the coach yells "go" the sardines run to the other end of the court while dribbling their basketball. The shark tries to tag as many sardines as they can before the sardines reach safety on the other baseline
- The sardines must dribble their basketball and are not allowed to go outside the defined area
- If a sardine gets tagged, they put their ball down and become sharks
- Continue until there is an eventual winner

Variations:

- The "sharks" also have a basketball and must dribble while tagging
- Play so that the "Sharks" have a basketball but the "sardines" don't
- Change up which hand they dribble with
- With large numbers nominate groups of sardines to run to the other end e.g. anyone with a blue shirt or anyone with blonde hair

Teaching Points:

- Change of pace to elude tagging
- Change of direction to elude tagging
- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better ball control
- Dribble with eyes up

DRIBBLE CHASEY

You Need:

- 1 ball per pair
- Defined area

Rules:

- Divide the group into pairs
- Have the pair's line up behind each other on the baseline
- When the coach yells "go" the first person starts dribbling as fast as they can to the other baseline
- As soon as the first person moves, the second person sprints to try and get in front of their partner before they reach the baseline

Variations:

- Instead of sprinting to the other baseline, have them go to the basket and try and score

Teaching Points:

- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better control
- Dribble with eyes up
- Have a couple of groups going at once.
- Emphasis on getting in front of their partner, blocking their path to the basket, pulling them up from their dribble, NOT to try and steal the ball
- Great drill for defence

STUCK IN THE MUD

You Need:

- Defined area, full court or half court
- 1 basketball per player

Rules:

- Nominate 3 to 5 "Catchers" (depending on number of participants)
- Everyone except for the "Catchers" has a basketball and must bounce (dribble) it as they move around within the defined area trying to elude the catchers.
- "Catchers" run around trying to tag other players with their hand
- Once caught, players must stand still (with their feet apart) and hold their ball above their head – this is the "Stuck in The Mud" position
- Players who are stuck in the mud can only move again once they have been saved – they are saved when another player rolls their basketball between the legs of a player who is 'stuck in the mud'

Variation:

- To stop people hiding in the corners, have a competition to see who can save the most amount of people

Teaching Points:

- Change of pace to elude taggers
- Change of direction to elude taggers.
- Dribble with pads of the hand
- Push the ball into the ground (do not slap)
- Keep the dribble below waist height for better control
- Dribble with eyes up

PASSING GAMES

The purpose of passing is to:

- Advance the ball up the court as quickly as possible
- Achieve better court positioning
- Improve shooting position

Passing tips:

- Stance:
  - ⇒ Good balance
  - ⇒ Knees bent
  - ⇒ Head up
  - ⇒ Back straight
  - ⇒ Feet shoulder width apart
- Hold the ball with fingers relaxed and spread, thumbs behind the ball and elbows bent
- Always step towards the receiver when you pass (this helps to give the pass power
- Extend your arms on the pass
- "Snap" your wrist and fingers on the release - the palms should now be facing outwards and the thumbs pointing down
- 'Fake a pass to make a pass' (i.e. fake a pass to deceive your opponent, when they react, you make the pass you want to make)
- Pass away from the defence to your teammates advantage.

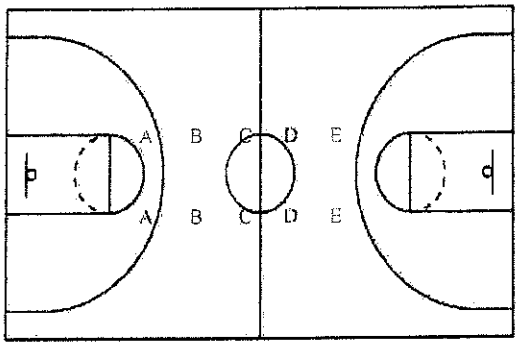
PASS AND CHASE

You Need:

- Group split up into pairs
- 1 basketball between each pair

Rules:

- To start off with, demonstrate a proper chest pass
- Line up players along the court, foul line distance apart, facing their partner (refer below)



- The players pass the ball back and forth to each other continuously
- When the coach blows the whistle, the person with the ball dribbles to their sideline, the player without the ball tries to tag them before they get to the sideline
- If the person with the ball gets there first, they get 1 point
- If the person chasing them tags them before they reach they sideline, they get 1 point
- Repeat for (X) number of times / minutes

Variation:

- Change what passes they are to perform (i.e. chest, bounce, push etc)
- Specify what hand they must dribble with (right, left, alternate)

Teaching Points:

- Step to pass
- Lock the elbow and snap the wrists on the pass (palms face out, thumbs face down)
- Have hands up ready to catch - pass to people's hands
- Good Dribbling techniques (see teaching points on dribbling)

TALLYBALL

You Need:

- 1 Ball
- Half court / defined area
- Two teams of 3 - 8 players each

Rules:

- Two teams (3 - 8 players each)
- Team A starts with the ball and their aim is to complete 6 consecutive passes without losing possession of the ball
- Team B tries to intercept the passes
- Each time a pass is completed, the person who catches the ball calls out the number of passes so far
- One point is scored when six consecutive passes are made
- After a point is scored, the opposing team takes possession at the centre line
- A new count starts each time there is a bad pass, fumble or interception
- No dribbling, no travelling, no body contact (fouling). If one of these violations occurs, possession is taken from the sideline
- You cannot snatch the ball out of a players hands

Variation:

- Allow up to one/two/three dribbles on each possession

Teaching Points:

- Lead for the ball
- Lead into space
- Keep spacing, don't crowd the ball – use the whole playing area
- Defend one player each
- Move (cut) to an open space after you pass
- Pass ahead of leading player
- Fake passes to gain an advantage over defenders
- Timing of leads

PASS TAG

You Need:

- 1 Ball
- Defined area / full court or half court

Rules:

- Nominate 3 to 5 "Catchers."
- "Catchers" must pass the ball to each other and try to tag other players when they are holding the ball
- "Catchers" cannot move when they have the ball
- When tagged players become "catchers" as well
- Throwing the ball at a player to tag is not allowed
- No rough tagging allowed
- If a player steps out of the defined area they are considered tagged and become a catcher

Teaching Points:

- Lead for the ball
- Move (cut) to a space near another player after you pass
- Quick passing
- Team work to trap and tag players

Hint:

- Suggest the use of bibs/sashes to indentify catchers
- The game should be based on trust. Introduce a rule in the event of a dispute as to whether a players was 'tagged' the word of the tagger/catcher shall be accepted without argument.

Variation:

- Allow catchers to have one/two/three dribbles on each possession

CAPTAIN BALL

You will need:

- A basketball
- Defined area

Rules:

- Line the group up in a straight line, one behind the other facing the back of the person in front of them
- Have one person, Person A, stand one metre away and face the first person in the group (see below)

A B C D E F G H

- Allow a space between each player in the line to give freedom of movement to pass
- Person A starts with the ball and passes it to Person B
- Person B passes back to Person A and Person B quickly sits down
- Person A then Passes over top of Person B to Person C, who passes back to Person A and again quickly sits down
- This is repeated all the way down the line to the last person in line
- When the last person in the line catches the ball, they run to the front of the line to become the new passer (replaces Person A)
- Person A then becomes the first person in the main line (see below)

H A B C D E F G

- The game finishes when Person A returns to their starting position
- The team sits down immediately once they have finished

Variation:

- Have two teams - it is a race between the teams to see who finishes the quickest

Teaching Points:

- Step to pass
- Lock the elbow and snap the wrists on the pass (palms face out, thumbs face down)
- Have hands up ready to catch - pass to people's hands

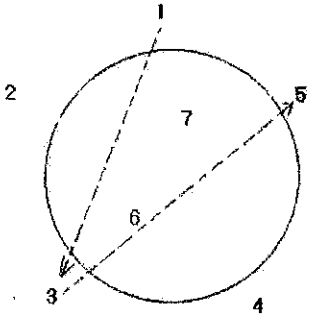
PIGGIES IN THE CIRCLE

You Need:

- Groups of 7
- 1 ball per group

Rules:

- Five players form a circle; the other two are "piggies"
- The players numbered 1 to 5 must pass the ball to each other but cannot pass to the person either side of them
- The players numbered 6 and 7 (the "piggies") try to defend and intercept the passes
- If a defending player touches the ball he/she becomes a passing player in the circle
- Whoever made the bad pass becomes a defending player ("piggy") in the circle
- No high lobs over the head of the piggies



Variations:

- Greater number of people in the circle and more piggies in the middle
- Add a second basketball

Teaching Points:

- Fake a pass to make a pass (fake the pass to deceive the piggy in the middle)
- Step forward to make a pass
- No lob or "lollipop" passes
- Lock elbows and snap wrists on pass
- Bounce passes allowed

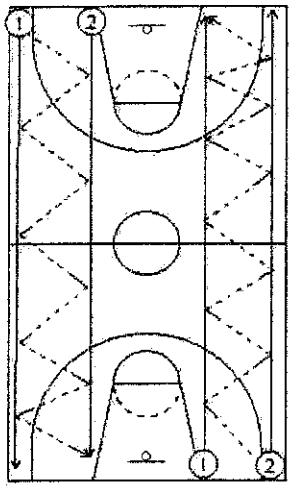
FASTBREAK PARTNER PASSING

You Need:

- Players in pairs
- 1 ball per pair
- Full court / defined area

Rules:

- Person A stands in the corner of the court, Person B has a ball and stands where the baseline and keyway meet in a straight line at the other end of the court
- The pairs are to run and pass the ball back and forth, using chest or bounce passes
- Continue up one side of the court / area and back down the other (see Diagram)



Variation:

- Have a minimum or maximum number of passes to complete the exercise
- Behind the back passes
- Allow one or two dribbles each time the ball is received
- Run activity with players directly facing each other and executing defensive slides sideways down the court
- Defensive slides – for better balance, do not allow feet to come completely together

Teaching Points:

- Catch with the eyes first, the hands second
- Fingers spread and relaxed for passing and catching
- Show a target with your hands and call for the ball
- Receive the ball in the target area (around the chest and face)
- Snap wrists and follow through to target when passing
- Pass the ball slightly in front of the moving receiver

TITANIC

You Need:

- One ball
- Basketball ring (netball ring can also be used)

Rules:

- Have the players form a line to take shots at the basket in front of the basket (this is the "shooting" line)
- Players take one shot at a time (distance from the basket will depend on age of the group)
- If they miss their shot, they must go to the "Titanic" line (line up on the sideline)
- Players in the "Titanic" line must line up in order of when they get out
- If the player makes their shot, they rejoin the "shooting" line at the end of that line and also save the first person in the "Titanic" line who rejoins the shooting line behind the person who saved them
- When there is one person left in the "shooting" line, they have magic powers and can save everyone in the "Titanic" line by making their shot. If they miss their shot, the Titanic sinks and has to run to the end of the court and back

Variation:

- Have more than one group, with groups competing against each other, to see who can have the most people still in at the end of a set time or the group which sinks first loses
- For the older age levels, give them three options from where they can shoot , eg:
  - ⇒ Shoot from the bottom of the circle = 1 saved
  - ⇒ Shoot from the foul line = 2 saved
  - ⇒ Shoot from the 3 point line = 3 saved
- For the younger age groups if they hit the ring they can stay on the shooting line, if they get their shot in they save the first person in the Titanic line
- Allow the last person shooting to have 3 shots to save everyone.
- Enlist the teacher to shoot if the last person misses

Teaching Points:

- "BEEF" for good shooting technique
  Refer to shooting techniques

CONTINUOUS SHOOTING

You Need:

- Two rings
- Two Teams
- 1 basketball per team

Rules:

- Team A lines up in a straight line to take shots at one ring, Team B lines up in a straight line to take shots at the other ring
- When the coach yells "GO" both teams start shooting the ball, taking it in turns and shooting one shot at a time
- The aim of the game is to score 5 goals before the other team does
- Once a team makes 5 goals, the teams swap ends and start shooting again straight away – scores go back to 0 and they again try to score first to 5
- Players must NOT bounce the ball when changing ends
- Players must call out their score after every basket. If they do not yell them out, their points will go to the other team
- If the game is taking too long in between changing ends, change it to the first to 3 baskets
- Shooter must rebound the shot and pass to the next player in line

Variation:

- Change the position the players shoot from

Teaching Points:

- "BEEF" for good shooting technique
  - ⇒ Balance
  - ⇒ Eyes
  - ⇒ Elbow
  - ⇒ Follow through

11 / 21

You need:

- 2 basketballs
- 2 teams of 4 + players

Rules:

- Divide the group into two even teams, one ball per team
- Team 1 lines up behind one block
- Team 2 lines upon the other block
- When the coach yells "go", the first person in each line (from Team 1 and Team 2) shoot the ball
- If they make the first shot they get 2 points
- If they catch the rebound BEFORE the ball hits the ground, they get one more shot from where they catch it for 1 point (making a maximum of 3 points)
- If they miss their first shot, and get the rebound BEFORE it hits the ground, they can take another shot
- If the ball hits the ground after the first shot, they must pass it straight back to the next person in their line
- The first team to 11 / 21 (whatever number you choose) wins!

** You might have to count for them*

Variation:

- If they keep getting the rebound before it hits the ground they can keep shooting for 1 point

Teaching Points:

- "BEEF" for better shooting technique

MODIFIED GAMES

Modified games are games generally played on a full basketball court (or half court) with many of the basic principals of the game of basketball as well as some minor changes.

Modified games allow you to vary your sessions keeping the focus on game play but keeping your players interested.

When playing a modified game (or any of the others in this book) keep in mind what your players need to work on and see if you can modify the game again to focus on this point. A couple of hints are:

No bounces allowed during the game - this increases the number of passes naturally and players have to lead to get the ball. If you also focus on keeping the feet still or pivoting properly you are practicing not travelling.

Maximum number of dribbles players are allowed to take (1,2 or 3) before they have to pass the ball - this makes the players concentrate on one more thing and also makes them more aware to look to make the pass.

Every player has to touch the ball before you can score - this will show you who your leaders and thinkers are (the ones who are talking) and will create teamwork.

Modified games should be fun and competitive to keep the players interested in the game so all modified games should have some form of winning or scoring. Always try to split the group up evenly and change around how you split the group up, don't always put best friends together.

Most importantly this part of the session should be FUN!

DIAGONAL 2 ON 2 – FULL COURT, 1 BALL

You Need:

- 2 teams
- 1 Basketball
- Full court
- 2 rings

Rules:

- Divide the group evenly into two teams, and then split that group into two again
- Put team A1 into a corner of the court, with team A2 in the corner directly opposite
- Put team B1 and B2 in the other two corners
- Team A goes to basket X, Team B goes to basket Y
- Coach stands in the middle of the court - when the coach yells out "go" the first person in each line races out to get the ball and they play 2 on 2 (with normal basketball rules) until the first score is made

Variations:

- Put in dribble limits (i.e. players can only take 1, 2 or 3 dribbles on every possession)
- No dribbles allowed

Teaching Points:

- Passing ahead
- Spacing and leading

SWITCH THE D

You Need:

- 2 teams of 4 people
- 1 basketball
- Half Court
- Ring
- Bibs or Tags

Rules:

- Line up one team along the baseline (defensive team) and the other team along the halfway line (offensive team) Teams are facing each other at this stage
- Whoever the person on the baseline is facing on the halfway line, that is who they guard (go through who each player on the baseline has)
- Get the people on the baseline to turn around and close their eyes
- Those on the halfway line shuffle their positions in their line
- When they are ready, give a person on the halfway line the ball, and yell "go" (You can yell "go" as you throw the ball to them)
- The people on the halfway line try to get to the basket and score
- The people on the baseline must find their original player and guard them (and them only) and try and stop the other team from scoring
- Once the defence steals the ball, or the offensive team is scores, the game is over
- Switch the teams around

Variations:

- Play on the full court
- No dribbling allowed or maximum of 1 , 2 or 3 dribbles allowed per possession per player
- Minimum of 5 passes before a team can score

Teaching Points:

- Man to Man defence
- Lead to spaces
- Pass and relocate

5 LIVES

You Need:

- Defined area
- 1 basketball
- Ring
- Bibs or Tags

Rules:

- A 3 on 3 game is played within the three point area (normal basketball game)
- The offence start with 5 lives
- Each time the defence gains possession of the ball, they pass it back to the offence however the offence loses a life
- Every time the offence scores a goal, a life is added
- Once they have no lives left, it is the defensive teams turn to be on offence

Variation:

- If you have more players, extend the area to the half court and play 4-on-4 or 5-on-5
- No dribbling is allowed
- Limit number of dribbles 1, 2 or 3 on each possession

Teaching Points:

- Man to Man defence
- Lead to spaces
- Pass and relocate

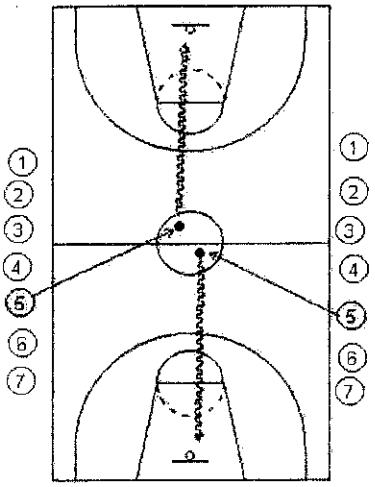
NUMBERS LAYUP

You Need:

- 2 Balls per game
- Full Court / defined area
- 2 teams
- Bibs or tags (not essential)
- Basketball rings or other method of scoring

Rules:

- Two teams stand along opposite sidelines
- Each player is given a number from 1 – (x)
- Coach places two balls on court and calls out a number
- The players from each team with that number must run out pick up the ball, and dribble the ball to their end and score a goal
- A point is scored for the team of the player who scores first



Variation:

- Players have to score a basket at both ends (no defence). The first to score baskets at both ends is the winner
- Play the same game but in the half court only (players shoot at the same end)
- Use one ball only (One-on-One) i.e. one offensive player and one defensive player
- Call out multiple numbers, so that it becomes 2 on 2, 3 on 3 etc
- If two coaches, use both ends to run two games with less numbers in each team

Teaching Points:

- Introduce team rules when multiple numbers are called out e.g. each player must handle the ball before they can attempt to score
- If the game is taking too long, call out "10". Players on the sideline must count down from 10 - if there is no score at the end of that time the game is over

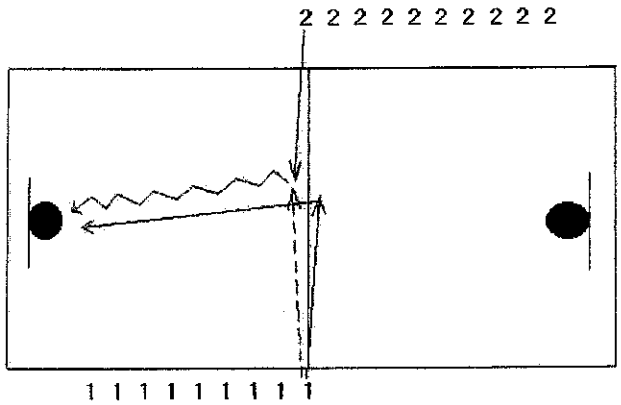
PICK UP AND CHASE

You Need:

- 5 balls
- Two even teams
- Full Court / defined area

Rules:

- Person A from Team 1 rolls the ball out to the middle of the court to Person B from Team 2, and follows the rolling ball
- Player B (Team 2) picks up the ball and attempts to score at whichever basket they choose. Person B may use a fake towards opposite basket *before* dribbling
- Person A (Team 1) chases Person B (Team 2) and attempts to defend the goal
- As soon as the first pair moves towards a goal, the next pair commences
- Players must change lines after each turn
- Keep individual scores



Variation:

- Play in one half of the court only

Teaching Points:

- Player with the ball must dribble the ball when moving without travelling or double dribbling
- To avoid pairs running into each other pairs must alternate ends / baskets

SHADOWING

You Need:

- A designated area where the game is played
- At least two players

Rules:

- In pairs, one partner is the attacker and the other is the defender
- The attacker must try to escape from the defender
- Defender simply tries to stay within arms reach of the attacker at all times
- All players must stay inside the designated area
- When the teacher blows the whistle the defender must be within an arms distance of the attacker

Variation:

- Attacker dribbles a ball whilst trying to escape from the defender (defender doesn't try to take possession of the ball but simply tries to stay within arms distance)

Teaching Point:

- One on One defence

GLOSSARY OF TERMS

GLOSSARY

Baseball Pass	A long one handed pass that is thrown with the same motion used to throw a baseball
Basket	The goal, a metal hoop with a net hanging from it attached to a backboard 3.05m high (2.60m Mini Ball)
Bounce Pass	A pass with the ball bouncing once between the passer and the receiver
Box Out	When a player turns into the path of another player attempting to get the rebound (both players facing the ring the one closest is boxing out)
Chest Pass	A two handed pass from the chest directly to another players chest
Court	The playing surface, which is 28m long and 15m wide
Dead Ball	A dead ball occurs when the referee blows his whistle (the game stops)
Defence	When the opposition have the ball you are in defence
Defensive Stance	How you stand in defence, feet shoulder width apart, good balance, knees bent, head up, back straight
Dribbling	Bouncing the ball off the ground with one hand only, you can change hands but once you pick up the ball you must pass or shoot
End (base) Line	The two shorter (15m) sides of the court where the basket is situated
Fake	Using body language and movement as well as the ball to fool your opponent
Field Goal	All shots other than free throws are field goal attempts
Free Throw	After being fouled whilst taking a shot a player is awarded 1,2 or 3 shots from the foul line (1 if the original shot went in, 2 if the shot missed, 3 if the shot was from outside the 3-point line)
Foul Line	A line which is 5.8m from the baseline (4.2m Mini Ball) used for the players to stand behind whilst taking free throws
Guard	To guard a player is to defend them and make sure they don't get a shot
Inbound Pass	After a goal or violation the ball is taken out of bounds (outside the lines) and must be passed bask into the court to restart play
Jump Ball	The game starts with a jump ball, the tallest player from each team faces each other at the halfway line, the referee then throws the ball up for the players to hit to a team mate
Jump Stop	When a player stops by taking a small jump and lands with both feet hitting the ground at the same time
Halfway Line	The line parallel to the end lines that runs through the middle of the court
Lay Up	A one handed running shot close to the basket
Man to Man	A defence in which each defensive player guards a certain offensive player
Offence	When your team has the ball they are in offence
Overhead Pass	A pass thrown with two hands starting with the ball above the head
Personal Foul	Any player who holds, pushes, hits or trips another player will be given a personal foul and the other team will be given possession of the ball (players are allowed 5 fouls before being removed from the game)
Pivot	When a player turns on one foot to change direction
Rebound	When a shot misses it rebounds back into play, whoever catches the ball gets that rebound
Sideline	The two long (28m) sides of the court
Square Up	When a player turns (pivots) their body so they are facing the basket
Travelling	If a player moves their feet (more than one step) whilst in possession of the ball, without dribbling they are travelling which is a violation
Violation	When a rule is broken, the team who didn't cause the violation will receive the ball for an inbound pass