

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

- 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

- 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.

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!

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