

AUSSIE HOOPS

Dribbling

- Wide stance - Good balance, knees bent, back straight and comfortable!
- Eyes up when dribbling
- Dribble no higher than waist high
- Fingers spread and push the ball and make it bounce loud
- Dribbling hand on top of the ball and other hand protects the ball
- Use both left and right hands



All dribbling activities require the following 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.

ACTIVITY

Introducing Dribbling

- Have players form a circle around the centre court circle and take 1-2 steps out of the circle to create space. This can also be done in pairs, one ball per pair.
- Coach is to be in the middle of the circle demonstrating each skill
- Ask players if they know how to dribble with 1 finger, elbow, knee, back of hand and more
- Perform each dribble at waist height, as low as possible and as high as possible
- By teaching the player how to dribble with different parts of the body they see that dribbling the correct way is easier and more useful
- Start introducing the correct dribbling technique
- Dribble right hand, left hand, left to right, dribble sitting down, dribble over legs while sitting down and more
- This is a fun way for players to get introduced to dribbling

As they get better...

- Alternate hands
- Rapid fire – dribble as fast as possible at knee height
- Magic five – Every fifth dribble change hands and then back
- Figure 8
- Blur
- Pendulum – Swinging the ball as wide as possible
- Single/Double dribbling combination (
- “Blurr” dribble

Variation

- Partner/Coach holds up numbers while ball handler dribbles and calls out numbers
- “Copy Cat” (see “ball handling”)

Snake Dribbling

- Group is split into two teams
- Two balls are placed in the centre circle
- Each team is lined up opposite each other on the sidelines, teams are spread out along the sidelines
- Each team member is told a number by the coach (they must remember this number)
- When the coach calls a number the players with that number must run and grab a ball and dribble to the first player in line
- Then dribble in and out of each team mate in line, just like a snake
- Once the player has completed dribbling through the team, ball handler must dribble to the

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centre circle and place the ball down and run back in line

- First player back wins, ball must not roll out of the circle or other team wins!
- Let all the kids have a run!

Dribbling Relays

- Players stand in 2 lines facing each other. There should be 2-3 players in each line.
- First player in line dribbles across to the opposite line (and then joins the end of that line). Players should walk initially while dribbling and may need to use 2 hands or catch the ball between bounces initially.
- Enough Balls for each team of 4-6 players to have 1 ball

Variation

1. As players become confident they can jog and then progress to racing between teams.
2. Can have players dribble around a cone rather than just to another line.
3. Have players dribble through cones (placed approximately 2 metres apart). They must dribble the ball while weaving through the cones.

Crossover and Skill Relay

- Played similar to normal dribble relays
- At every quarter court the participants must perform a crossover or a skill e.g. first quarter – cross over, second quarter – behind the back, third quarter – 10 rapid fire dribbles, fourth quarter – full body wrap
- This is repeated on the way back as well
- First team to have completed the relay wins

Note: Designate the skills to the level of participants

Variation

Half court relay (for younger participants)

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Dribbling Red Rover

- Nominate 3 players who are taggers, they each have a basketball
- All other players lined up on the baseline
- On call players run to either centre line or baseline, while the taggers dribble and try to tag
- The taggers must be dribbling the ball in order to tag someone
- Once tagged the player grabs a ball and joins the “tagging” team
- Game finishes when everyone is tagged

Variation

Everyone starts with a ball

Dribble Tag

- Use the half court as the boundary
- Three players are nominated to be “it” and have basketballs
- They must be dribbling at all times and tag the other players
- Once tagged the players are out
- Last player in is the winner

Variation

- All players with a ball
- Taggers recognized by shirt tucked in, bib etc.

Crossover Dribbling

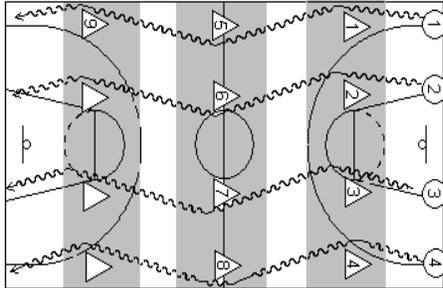
- Group players into 2-4 groups
- Split each group up with ½ on baseline and ½ on halfway line
- Players from each side of the line dribble towards each other
- At halfway point player must perform a skill (crossover, around the back dribble etc.)
- Key is to perform the skill the opposite way to the other player so that you do not collide with your group mate (diagram)
- Can be performed as a race

Heads up Direction Change

- Players organized in lines of 5-6 in the centre of the court
- The aim of the game is for the players to dribble in the direction that the coach is pointing, using the controlled dribbling stance, while maintaining control of the ball
- The players are only to dribble three steps in the direction the coach points
- As they progress change directions more often

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Cross Over Game



- Four players line up across the foul line, halfway and other foul line without a ball, everyone else on the base – line with a basketball
- They have a designated area (shaded in diagram) that can move in
- Players have to dribble to the other end of the floor without being tagged by the players.
- Can be played length ways or across the court

Variation

Statue Crossover

- Player dribbles out to their partner standing 3 meters in front.
- Once they get to the “statue”, the dribbler makes a crossover dribble to go around.

Rob the Nest

- 15 – 25 basketballs
- 5 hula hoops/bins
- Place a hoop in each corner of the half court and one in the middle
- Place 3-5 balls in each hoop
- Have four even teams in each corner of the half court
- On “go” 1 player from each team steals a ball from another hoop and dribbles it back to their hoop
- Once the ball is back in their hoop the next player goes after another hoop to steal another ball
- This continues until each player has been at least 2 times
- Game ends in time limit or at coaches discretion

Variations

- Walking wraps back to their hoop
- Figure 8 back to their hoop
- Or any other ball handling skill can be used

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Speed Dribble Knockout

- Players lined up on the baseline in a maximum of 6 lines
- Players dribble to half and back using speed dribble
- The last player back is knocked out
- Continue this game until one player has won the game

Variations

“Speed dribble decrease”

- Players lined up on the baseline in a maximum of 6 lines
- The objective of the game is to reduce the amount of dribbles it takes to get to full court
- As the game progresses eliminate players who do not make the amount of dribbles required
- Decrease the number of dribbles allowed until there is a winner or the players can do no less

Wolf and Sheep Game

- Have the players start inside the three jump circles with a ball each
- One player is the wolf outside the circles
- When coach says “the wolf isn’t here” the sheep can move freely throughout the court (the wolf can move too, but cannot touch the sheep)
- When the coach says “here comes the wolf”, the wolf can touch as many sheep as possible that are outside of the circle
- The sheep who don’t make it into one of the circles and are touched become wolves and the game continues

Dribble Swat

- Players must dribble around continuously within the area, attempting to knock with their free hand other players’ balls out of their control.
- Players are eliminated from the game by:
 1. Having their ball knocked out of their control
 2. Going outside the defined area; or
 3. Double dribbling
- Reduce the size of the playing area as numbers decrease

If eliminated, either:

1. sit on the sideline and continue to dribble; or
 2. dribble continuously around the outside of the area
- 1 Ball per player
 - Half Court (or defined area)

Tips

1. Keep head up while dribbling
2. Use non-dribbling arm to shield the ball
3. Change hands and direction (including going backwards) to avoid other players
4. Use “protected dribble” stance

Dribble Practice

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- Players stand approximately 2 metres apart from their partner, facing each other.
- Using 2 hands, each player tries to bounce the ball in front of their body as high as they can to themselves. Then bounce as low as they can. Then bounce at waist height (which is the height for dribbling!) After short time, pass the ball to partner for their team
- Using a 2 handed dribble, each player must bounce the ball to themselves 5 times before passing to their partner
- Try 1 handed dribbling – dribble 5 times and pass to partner
- 1 hand dribbling while looking a partner. 5 passes then pass to partner. Partner can pull faces and try to make person dribbling laugh.

Gang Up Tiggy

- Players spread out inside the half court, each holding a ball..
- 1 player is nominated as “it”.
- The player that is it dribbles their ball and chases other players trying to tag them. Players being chased do not dribble their ball. When tagged, that player also starts to dribble and tries to tag players.
- The last child to be running in the area without being tagged is the winner.
- 1 Ball per player
- Half Court (or defined area)

Dribble Knockout

Players dribble their ball and try to knock other balls away.

They must stay within the half court (or smaller area).

- 1 Ball per player
- Half Court (or defined area)

Variation

- When a player’s ball is knocked out of the area they are out.
- Last player left in area is the winner.

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Row Your Boat

- Players line up in their groups, standing one behind another. They should be arms length distance from the person in front of them.
- Player at the front of the group bounces two balls, dribbling them at their side. They dribble the ball behind them, until the person behind them can start dribbling. The group must dribble both balls up and down the group.
- Players take over dribbling from the person in front – they do not catch the ball and start dribbling.
- 2 Balls Per Group

Tips

1. The person behind must talk to the person in front and tell them when they are ready to dribble the ball.
2. Dribble the ball hard so that it bounces up to your waist

Variation

When the ball gets to the end of the group, that person must dribble both balls to the front of the group.

Continue until each player has dribbled from back to front.

Pacman

- All players must stay on one of the lines marked on the court.
- Players spread out, with 3 being “it”.
- Those players have a ball and dribble along lines trying to catch others. When they catch someone they hand them the ball and change roles.
- 3 Balls
- Half Court (or defined area with lines on it)