

AUSSIE HOOPS

Grades 3 & 4 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) 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

What's the time Mr Wolf?

- One (1) player ("the Wolf") stands fifteen (15) metres away from the group on the baseline with his/her back facing the others;
- The other players dribble towards the Wolf and ask "What's the time Mr Wolf?"
- The Wolf responds with a time e.g. "2 O'Clock";
- Then the players dribble their ball towards the Wolf again;
- This continues until the players ask the Wolf "What's the time Mr Wolf?" And the Wolf responds with "Dinner time!"
- The Wolf then turns and chases the players aiming to tag as many players as he can before they return back to the baseline.

TEACHING POINTS

1. Players to keep their heads up when dribbling the ball;
2. A player is nominated to next be the Wolf.



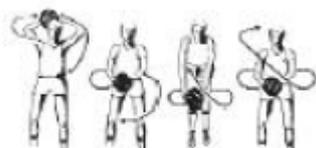
BALL HANDLING - 5 Minutes

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. 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!"

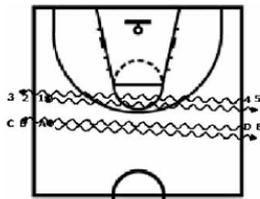
DRIBBLING - 10 Minutes

Stationary dribbling

- Use left, right and alternate hands.

Dribbling and ball wraps on the move

- Dribble to halfway point and complete a full body wrap (head, waist and legs) then dribble back.



Dribble Knockout

- Set a playing area by using the court markings;
- All players have a ball;
- Players attempt to knock the ball away from their opponents while maintaining their own dribble;
- A player is out if they lose control of the dribble, stop dribbling or they or their ball goes out of bounds;
- As players are eliminated, reduce the size of the playing area;
- The last 2 players should be in one of the circles on the court;
- The last player left is the winner.

TEACHING POINTS

1. Wide stance - Good balance, knees bent, back straight and comfortable!
2. Eyes up when dribbling and completing ball wraps;
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!

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



PASSING - 5 Minutes

Tallyball

- Two teams of 6 to 8 players per area;
- Aim is to complete 6 consecutive passes;
- Start with throwing the ball up between two opposing players higher than they can jump (a jumpball);
- 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 traveling (stepping more than twice), no body contact (fouling). If one of these violations occurs, possession is taken from the sideline.

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.

As they get better...

It is a turnover if the ball hits the ground.



SHOOTING - 10 Minutes

First to 7

- 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 and then come to a two foot stop;
- Each player will have one shot and then dribble the ball back to the next person in the line;
- This continues until one group makes seven 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!

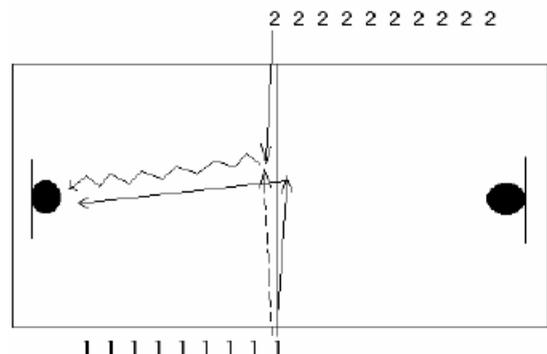
MODIFIED GAME - 10 Minutes

Pick up and chase

- Player from Group 1 rolls the ball out to the middle of the court to a player from Group 2, and follows the rolling ball;
- Player from Group 2 picks up ball and attempts to score at either basket. Player 2 may use a fake towards opposite basket **before** dribbling;
- Player from Group 1 chases player from Group 2 and attempts to defend. As soon as the first pair moves towards goal, the next pair commences;
- Players must change lines after each turn;
- One point is scored for hitting the ring, two points for a goal. Keep individual scores.

TEACHING POINTS

1. Use fakes before dribbling;
2. Try to dribble to one side of the basket or the other (not right at it).



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

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