

## Warmup and Stretching

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All warmup activities should cover the 3 P's:

- **Prepare** the body for the activity ahead
- Performance
- Help to **prevent** injury
- Make sure you follow proper stretching technique

ACTIVITY
<p><b>Odd Person Out</b></p> <ul style="list-style-type: none"> <li>• Player moves around by skipping, hopping or running.</li> <li>• When a whistle is blown they must gently grab a partner and not be the odd person out</li> </ul>
<p><b>Red Rover Cross over (Bull Rush)</b></p> <ul style="list-style-type: none"> <li>• Can be played with basketballs or without;</li> <li>• One (1) player stands in the middle of the court (Red Rover);</li> <li>• Remaining players stand on the sideline;</li> <li>• On Red Rover's command ("Red rover cross over"), players on the sideline must make it to the other sideline without being tagged by Red Rover;</li> <li>• Once players are tagged they then help Red Rover tag remaining players;</li> <li>• The last player that has not been tagged is declared the winner.</li> </ul> <p><i>For dribbling:</i></p> <p>Follow teaching points in "dribbling" activities.</p>
<p><b>Mirrors</b></p> <ul style="list-style-type: none"> <li>• Both partners take up a basketball ready stance (1/2 squat) position facing each other</li> <li>• Each partner grabs the others' shirt</li> <li>• Partner 2 needs to mirror the movements of partner 1 and ensure that partner 1 doesn't break the hold of partner 2's shirt.</li> <li>• Movements can be running, sliding or change of direction.</li> <li>• Partner 1 can move sideways and back</li> <li>• After the prescribed time partner 1 then needs to mirror the movements of partner 2</li> <li>• Space athletes out around the court, ensuring they are matched-up with somebody approximately the same height, build etc.</li> <li>• Athletes begin on coach's cue and stop after 20-30 seconds. Continue this for two sets so both get to be the leader.</li> </ul>

# AUSSIE HOOPS

## *Tips*

- Stay low
- Keep on toes

## **Tiger by the Tail**

Setup: Played in pairs

- 1 partner has a bib tucked into the back of their shorts ahead
- The partner chases and attempts to steal the bib
- If successful in stealing the bib, they become the tiger with the tail

## *Tips*

Correct running technique

- Back straight
- Knees high
- Kick legs out
- On toes

## **Line Tag**

- Players stand on one of the lines of the court
- Players must run, staying on ahead the lines and changing direction where the lines intersect
- The person who is "it" must tag another player who becomes "it"

## **Tappers**

- Players in pairs
- Each player tries to touch their partner behind the knee

Modification:

- Prepare by putting hands on their partners shoulders
- Each player tries to step lightly on their partners toes

## *Tips*

- Stay low
- Keep on toes

## **Chain Tag**

- 1 player is "it" and must chase other players.
- As players are tagged they link arms and continue to chase the remaining players.
- Half Court (or defined area)

## *Variation*

1. Players dribble their ball until they are tagged.

## *For dribbling:*

Follow teaching points in “dribbling” activities.

## **Stuck in the Mud**

- Nominate 3 to 5 “taggers”.
- “Taggers” try to tag other players.
- Once tagged, players must stand still with their feet apart – they are stuck in the mud.
- They can only be released by another player crawling between their legs.
- Full, Half Court (or defined area)

## *Variation*

- “Taggers” must dribble and can only tag a player, when dribbling.
- A ball for each tagger

## *For dribbling:*

Follow teaching points in “dribbling” activities.

## **Ball Scramble**

- Players start in half court area, each with a ball
- On command from coach, everyone drops their ball, runs to a designated spot and returns
- While the players are running, coach removes one ball
- When the players get back they must all try and get a ball
- The player without a ball is out. With fewer players, reduce the area or remove a greater number of balls.

## *Tips*

Correct running technique

- Back straight
- Knees high
- Kick legs out
- On toes

## **Cat and Mouse**

- Players form a circle and hold hands
- Two players are selected to be a cat and a mouse
- The cat starts standing outside the circle
- The mouse starts inside the circle
- The cat must try to catch the mouse
- The other children protect the mouse by letting the mouse pass under their arms but not

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the cat

- The mouse can only stay in the circle until the circle counts (out loud) to 5. The mouse is out if they stay in the circle longer.

## *Variation*

- Cat and mouse dribble the ball while playing
- The circle moves around while the cat is trying to catch the mouse

## **Fishing Net**

- One pair face each other and hold hands (they're the "net"), other players are freely spaced around the half court area
- The "net" tries to catch a person by getting them inside the arms
- When a person is caught in the "net" they link hands and help to catch others (net gets bigger every time you catch someone)
- When there are six people in the net, split into pairs and chase again

## *Variation*

Players being chased dribble a basketball. See "dribbling" activities for teaching points.

## **Freeze**

- Within a boundary area players run around until "freeze" is called
- The players must stop within two steps, a jump stop or a stride stop

## **Immunity Tag**

- Select one or two players to be "it" (depending on whether you have an odd or even amount of participants)
- Designate boundaries using court markings (e.g. 1/2 court)
- Participants get in partners and jog around within the boundary
- On coach's signal the players must change partners and the players/player who is "it" tries to tag a person while they do not have a partner
- Once in partners the players are not safe until they perform a skill, which makes them immune (e.g. stance, pivot, hopping etc.)
- The players that are tagged become "it" and try to tag players while they do not have a partner

## *Variation*

Vary the skill the players have to perform to include dribbling, passing, running or hopping. Follow teaching points for "dribbling" (page 21) and "passing" (page 36).

## **Lifesaving Relay**

- Split the participants into teams of four and spread teams along baseline (leave enough room between teams)
- Players sprint to halfway line and back to their team
- They then collect player 2 and holding their hand sprint to half way and back

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- They then collect player 3 and holding their hand sprint to half way and back
- They then collect number 4 and they all run half way and back holding hands
- First team finished is when the run is done correctly and all members are side by side with toes on the baseline
- Team members should be encouraged not to break their grip

## *Variation*

Performing different body movements while doing the race i.e. skipping, jumping, grapevine.

## **Court Recognition**

- Line players on the baseline
- Ask if any of them know what the line is called that they are currently standing on
- Tell them what it is called (baseline) and why it is there for (out of bounds etc.)
- Introduce the sidelines, centre line, 3 point line, keyway, free throw line
- Last one to get to the line you call is out
- You can trick players by yelling out “sideline” and point/fake towards the baseline. If any run the wrong direction they are also out
- Use this game in the first session so that they will be more comfortable with the court and lines for the remaining sessions

## *Variation*

### *Ship, Shark and Shore*

- Designate a line for “ship”, “shark” and “shore.”
- When the coach yells either of these, children must run to the line.
- As they get better, children must use a jump stop/stride stop when stopping at the

designated line

## **Ducks & Drakes**

- Divide the group into two teams. One team is called the “Ducks” the other the “Drakes”.
- Line up the two teams either side of the centre line facing each other with about 6 metres in between.
- The coach calls either “Ducks” or “Drakes”. The team whose name is called must run over their team line (the baseline behind them) before being tagged by a member of the opposing team.
- A child who is tagged joins the other team.
- The team with the longest line at the end is the winner.

## *Variation*

Dribbling of a basketball can be added. See “dribbling” activity handout for teaching points.

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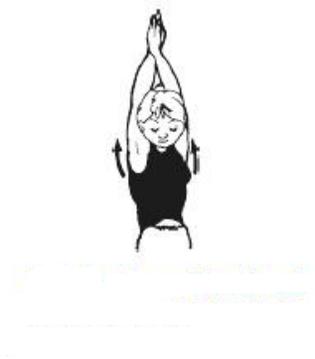
## Stretching

A proper warm up before training and warm down after training is important for all athletes. Warm up should start with some light exercise (e.g. jogging) before any stretching. Stretching should take no more than 10 minutes.

Warm down is the reverse process to warming up and it is important that everybody stretches properly. Stretches should be held for 30 seconds in warm-down. Here are some example stretches you can use.

### Back Stretch

(Link hands and push elbows together)



### Gluteal

Rotate body, push gently on upper leg.



### Shoulder Stretch

Stand/sit tall, lengthen spine. Chest lifted. Pull arm across chest until stretch is felt in back of shoulder. Keep shoulders relaxed and down.



### Calf

Keep knee straight and heel down, feet facing forward.



### Chest Stretch

(Use doorway or post)



### Neck



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## Groin



## Hamstring

Commence with knee slightly bent, then push knee straight as tension allows, push chest forwards to foot.



## Hip

Kneel with front knee directly over ankle. Lengthen spine and keep body upright. Squeeze bottom and press hips until stretch is felt at front of hip.

