

## AUSSIE HOOPS GAME OF THE MONTH

### *Roller ball*

Children are split into two teams: “batting (running) team” and fielding team.

Use full court as field.

Similar to baseball, each running team member is given an opportunity to score a run.

They must roll the ball into the playing area (ball must bounce within 2 metres of throw).

The fielding team must utilize passing to get the ball and score a basket to stop the runner from scoring.

The runner must try and score by touching all bases (corner of the ½ court) and getting home.

3 outs and teams change.

1 run is scored if the player reaches home base before a basket is scored.

A game can be played for a length of time stipulated by the coach. Team with highest score wins.

## AUSSIE HOOPS DRILLS OF THE MONTH

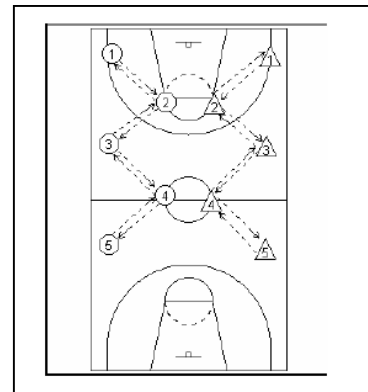
### **Zig-Zag Relay**

**Have a group of 5 to 10 children zig zaged up the court.**

**Have the children pass the ball from one person to the other all the**

**Way up and back.**

**Have two or more teams and have a race.**



# Duck, Duck, Goose

(This game is great with the young children)

This is set out the same as the original duck, duck, goose. The only difference is, when the child picks a goose and they have to run around the circle both children have to dribble the ball.

# Game Of Circles

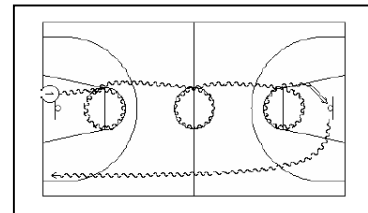
Start on one of the base lines under the ring.

*Run up to the first free throw circle and make 1 complete lap of it. Once the lap of the*

*first circle has been completed continue up the court and repeat make a complete lap of the centre circle.*

Continue down the court and make a complete lap of the last circle, take a shot at the goal, and rebound your ball.

Once you have rebounded your ball dribble down the side line and back to the start to repeat the drill again.



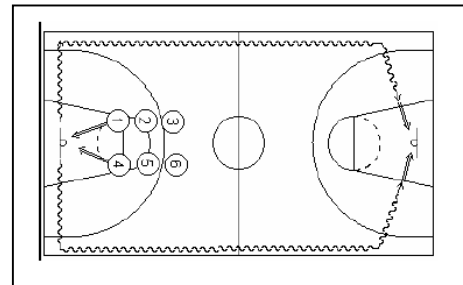
# Gorilla Walk

Have two lines facing the ring. Let the children have one shot, and retrieve their rebound.

Get them to dribble to the sideline and gorilla walk down to the other ring and have another shot.

*Have two lines facing the ring. Let the children have one shot, and retrieve their rebound.*

*Get them to dribble to the sideline and gorilla walk down to the other ring and have another shot.*



Most of us have our favourite fun drills for kids, some game or drill you just know goes over well with a particular group. We should always be thinking of different ways to try to make the drill or game suit our program.

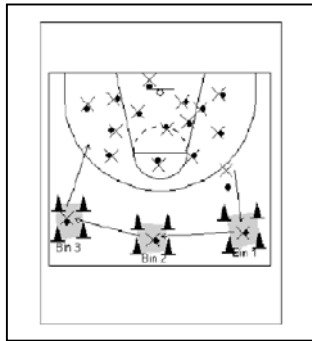
Here's a couple of all time fav's - with a different spin!

# DRIBBLE KNOCK OUT >

Each child has a ball and all are confined to a specific area (depending on numbers), lets say inside the 3 point line and base line.

While each child continues to dribble, they must try to knock everybody else's ball outside the lines.

Usually – when your out , your out – until 1 person left – the “winner”. The problem here is the kids with the less advanced dribbling skills, who need the most practice at dribbling, are usually the first ones out – and get the less practice. So consider having some “knock out bins” (marked by cones) placed around the area. When a player goes out, they go in the first “bin”. When a second player goes out, they head for the first bin, give the player there “high five” and take that player’s place in the bin. The player out of the bin goes to the second “bin”. Each time a player goes out they move thru bins 1, 2, & 3, tag the person there with “high five” to release them to the next “bin” then back in the game when released from bin 3. There’s a lot more activity and it’s even fun to go out!  
(The number of bins can be changed to suit your needs and numbers)



If you have coloured cones, try colours of a traffic light  
bin 1) RED – (bin 2) YELLOW – (bin 3) GREEN

## TASMAN COACHES CLINIC

**Once again the Tasman Coaches Clinic was held in Albury at the “Australian Country Junior Basketball Cup”.**

**Over 100 coaches filled the stand of the main court to hear the presenters, a great turn out to what is becoming one of the premier clinics in the country. The 2005 “Tasman” saw three well credentialed coaches speak at the clinic.**

**Former Victoria Country ITC Head Coach and current Frankston Basketball Coaching Director and Frankston**

**“Cambur” Blues SEABL Assistant Coach, Peter Lonergan was up first and demonstrated some of the shooting drills he uses to help teach and correct shooting with players of all ages and skill level.**

**Second was Dean Kinsman, South Australia Country Basketball Development Officer and Assistant Coach to the Australian Junior Womens Team “the Gems”. Dean presented on the principles of footwork and**

**quickness of movement with some innovative and intense drill work.**

**Visiting USA High School Coach Jim Rear was last on the bill for the evening and spoke about the**

**importance of being prepared for your practise sessions and the efficient use of the time you have with your athletes, getting more practise out of your practise sessions! With the use of some simple drills Jim explained how much of your session can relate to what “you do” on the court.**

**In coming Bushranger editions, articles from the clinic will be included. Starting with this edition, some of Deans well received drills.**

**Tasman Coaches Clinic – 2005 ACJBC**

**Footwork Drills – Dean Kinsman**

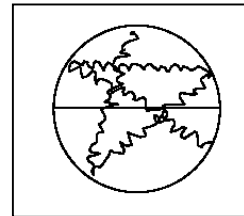
**“Circle Work” –**

**Drill 1**

**Hard Dribble & Change**

1 player in the circle – using dribble and crossover dribble to the boundary of the circle.

- Use the whole circle
- Maintain stance
- Quick feet



**Drill 2**

**Mirror the dribble**

Build drill to include 2 players facing each other, each with a ball, forward, backward and crossover dribble. One player must “mirror” the other.

- Use the whole circle
- Maintain stance
- Quick feet
- Quick reaction
- Head & eyes up

**Tasman Coaches Clinic – 2005 ACJBC**

**Footwork Drills – Dean Kinsman**

**Drill 3**

**2 player “Dribble Knock Out”**

2 Players, confined the circle are to maintain dribble while trying to knock you opponents ball out of the circle

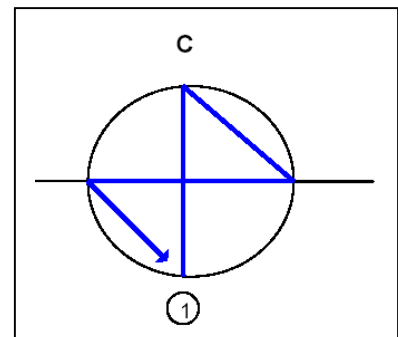
- Quick feet
- Protect the ball

**Drill 4**

**Kinsman footwork drill**

To become better at playing on the ball, players must be able to contain 2 -3 dribbles from the offence. Quickness in these first defensive steps is critical

Players set up at the 3 circles on the court, with a coach opposite. Player 1 sprints across the circle then closes out, low stance, throw both hands up, and slaps the coaches hands. (Coach may nominate which direction.)



The player then D slides (1 quick, low slide) down the circle on a 45 degree angle. When they get to the middle of the circle they drop step & run slide across to the other side, then D slide back to the start. Once back at the start they go again, this time once they have slapped the coaches hands they go the opposite direction to the first attempt.

- Maintain low stance
- Move the correct foot first
- Footwork quick & low

#### **Drill 5**

#### **Close out, clap and slide**

Players from the base line must “Close out” hard by sprinting and using short choppy steps, throwing both hands up to help with lowering stance and getting the head back while covering the ball. By using a series of 2 quick defensive slides Left then Right back towards the base line.

