How to Organise a Basketball Session

1. Warm Up
   - Dynamic stretches
   - Jumping jacks
   - High knees

2. Skill Acquisition
   - Passes and dribbling
   - Ball handling

3. Child Development
   - Physical development
   - Social development

4. Organisation
   - Session objectives
   - Equipment
   - Safety

Planning
- Your session should consist of:
  - Warm up
  - Skill acquisition
  - Application

Safety
- Always have a first aid kit available.
- Ensure all equipment is checked and safe for use.
- Supervise all activities.

Warm Up
- Start with light exercises
- Gradually increase intensity

Organisation
- Begin with warm-up exercises
- Progress to skill acquisition
- End with cool-down activities

Conditioned Game
- Begin with a warm-up
- Progress to skill practice
- Transition to conditioned game
- End with cool-down

Every basketball session should include:
- Warm-up exercises
- Skill acquisition
- Child development
- Organisation

Basketball Knowledge
- The rules of the game
- The techniques and skills required
- The importance of teamwork

Conclusion
- Thank you for your attention.
- See you next week!
The Basic Rules of Mini Basketball

Kids Sport

Introduction

Youth organizations/clubs, developed in schools, basketball can be adapted to different adolescent and adult formats, including indoor and outdoor play. It can be played on any court.

Winning

Other than simply participation and fun, encouragement is the emphasis of the game, helping build a child's confidence and self-esteem.

The game begins with a coin toss. The winning team chooses its side of the court, and the teams switch after each game. The team on the winning side has priority in playing the game.

Game play

The game is played on a court that is roughly half the size of a standard basketball court. The game consists of four quarters, each lasting 8 minutes. The basketball is smaller and lighter than a standard basketball. The rules are based on the rules of the International Basketball Federation (FIBA).

Equipment

The game is played with a mini basketball, which is smaller and lighter than a standard basketball. The court is rectangular, with a free throw line and a center circle. The game is played with two teams of four players each.

Objectives

The objective of the game is for one team to score more points than the other team. Points are scored by shooting the ball into the opposing team's basket. The team with the most points at the end of the game wins.

Substitutions

Substitutions are allowed at any time during the game.

Officiating

A referee is assigned to each game. The referee is responsible for keeping track of the game, calling fouls, and ensuring that the rules of the game are followed.

Penalties

Penalties are assessed for violations of the rules, such as traveling, double dribbling, and界.

Coaching

Coaches are allowed to call time-outs and strategize during the game. They are also responsible for ensuring that the players are following the rules and staying safe.

Scoring

Points are scored by shooting the ball into the opposing team's basket.

Timing

Each quarter lasts 8 minutes. The game is divided into four quarters, each lasting 8 minutes. The clock stops during time-outs and other delays.

Fundraising

The game can be used as a fundraiser for youth organizations or schools.

Drill

Drills are used to develop basketball skills, such as dribbling, shooting, and defense.

Circuits

Circuit training is used to develop endurance, coordination, and agility.

Physical

The game helps develop physical fitness, including cardiovascular endurance, muscle strength, and flexibility.

Social

The game helps develop social skills, such as communication, teamwork, and leadership.

Academic

The game helps develop academic skills, such as problem-solving, critical thinking, and strategic planning.

Health

The game helps develop healthy habits, such as regular exercise, proper nutrition, and time management.

Environmental

The game helps develop environmental awareness, including conservation and sustainability.

Coastal

The game helps develop coastal awareness, including beach safety, marine biology, and water quality.

Incorporating

The game can be incorporated into physical education classes, team sports, and after-school programs.

Improving

The game helps improve various aspects of life, such as physical health, social skills, academic performance, and environmental consciousness.
20 baskets is the winner.

1. Three teams compete against each other at each end of the court. First to score.
2. Slide, shoot, and pass.
3. Rebounders can be asked to rebound, pivot and pass, or rebound, dribble to.
4. Very press of short, lay-up, set shot, reverse lay-up, etc.

Progression:

1. Shooting line (4) and runs to end of this line (5).
2. First player in rebounding the rebounds short (3) who then passes to next player in the line of the rebounding line (2).
3. First player in shooting line dribbles to basket, shoots a lay-up (1), then goes to.
4. Put players into two lines, facing the basket.

Organization:

Lay-up Drill

Let players shoot and points totals as they score.

This should be a fun competition. Try to pick teams of equal ability.

First team to score 21 points is the winner.

1. Line (5).
2. The shooter then passes the ball to the next person (2) and joins the back of the line.
3. If players miss, they can shoot again from where the ball lands. This counts as.
4. If players score, they receive 2 points.
5. On your signal, the first player in each group shoots the ball (1).
6. Divide players into two groups, one ball per group.

Organization:

Basketball

Kids' Shift

Shooting
Shooting

1. F: For follow through, let your wrist flick through, as if you are trying to put your
   vertical.
2. E: For elbow, the elbow should be directly in line with the knee.
3. E: For eyes, focus on ring, don't follow the flight of the ball. Aim to shoot the
   ball over the ring, not towards the ring.
4. B: For balance, feel shoulders and open right foot in front of left foot.

When teaching shooting, think of the word BEEF.
Defence

Defend the Coach

- Progression
  - ﬁnish, then move with the coach, reading to his/her movements.
  - All the players move with the coach.
  - The coach, then, dribbles the ball from side to side and up and down the court.

- Organisation
  - Players spread out in front of the coach and get into defensive stance.
  - The rebounder moves to the reboun
ding position
  - Rebounder moves to the best rebounding position when the ball is shot.
  - Rebounder moves to the reboun
ding position when the ball is shot.

Defensive Rebounding

- Progression
  - When moving shuffle, don't let feet get close or cross over.
  - Stress proper defensive stance; head up, back straight, knees bent.

- Organisation
  - Use two balls.
  - Have an attacking player compete with the rebounder after the shot.
  - The rebounder should take the ball.
  - Each rebounder gets 5 rebounds, then rotates to become a shooter.

- Diagrams
  - Visual representation of defensive and rebounding techniques.
Shooting

**Twenty-one**

**Organisation**
- Divide players into two groups, one ball per group.
- Position groups at each elbow of the zone.
- On your signal, the first player in each group shoots the ball (1).
- If players score, they receive 2 points.
- If players miss, they can shoot again from where the ball lands. This counts as one point.
- The shooter then passes the ball to the next person (2) and joins the back of the line (3).
- First team to score 21 points is the winner.

*This should be a fun competition. Try to pick teams of equal ability. Let players shout out points totals as they score.*

**Lay-up Drill**

**Organisation**
- Put players into two lines facing the basket.
- First player in shooting line dribbles to basket, shoots a lay-up (1), then goes to the end of the rebound line (2).
- First player in rebound line rebounds shot (3), then passes to next player in the shooting line (4) and runs to end of this line (5).

**Progression**
- Vary types of shot; lay-up, set shot, reverse lay-up, etc.
- Introduce two balls.
- Rebounders can be asked to rebound, pivot and pass, or rebound, dribble to side, pivot and pass.
- Have teams compete against each other at each end of the court. First to score 20 baskets is the winner.
**Shooting**

1. **Beef**

   **Organisation**
   When teaching shooting, think of the word BEEF.
   - B – for balance; feet shoulder-width apart, right foot in front of left foot (for right-handed shooters), knees bent.
   - E – for eyes; focus on ring, don’t follow the flight of the ball. Aim to shoot the ball over the front of the ring.
   - E – for elbow; the elbow should be directly in line under the ball with the forearm vertical.
   - F – for follow through; let your wrist flick through, as if you are trying to put your hand into the basket.

2. **First to Ten**

   **Organisation**
   - Divide players into 3 groups per basket.
   - Position groups at equal distances from the basket.
   - The first person in each line shoots (1), goes after ball (2) and passes it (3) to the next person, then joins the back of the line (4).
   - Each group must try to score 10 baskets as quickly as possible.

   **Progression**
   - Vary the distance to the basket.
   - Increase the number of baskets needed to win.
   - Play CHAMPIONS. Similar to above practice, but players score one letter for each basket, until one team scores CHAMPIONS.
Passing

Circle Passing

Organization
Players form a circle and pass cripsly in each other.
Players may pass to any player except those directly beside them.

Progression
Specify chest pass, overhead or bounce pass.
Let players vary types of pass.
Play first with 1 ball, then 2 balls.

1. Play with 1 ball.
2. Play with 2 balls.

Emphasize quick, accurate passes and correct receiving techniques.

Pressure Passing

Organization
Form a line of players in front of one player with a ball.
The player who has the ball passes the ball to the first person in the line, who immediately passes the ball to the next person, etc.

Progression
Passer decides who to pass to, but must call receiver's name.
Specify type of pass.
Play with 2 balls (no calling names).
Count how many passes player can make in 30 seconds.
Passing

3. Player in the Ring

Organisation
- A defender stands in the middle of three players and must try to intercept passes.
- Players pass quickly and crisply to each other.
- If the defender intercepts the ball, the passer takes his/her place.

Progression
- Player can throw, bounce or chest pass.
- Change the defender every 30 seconds.
- Play 4v1, 4v2, 3v2, etc.

Stress ball fakes: Fake low, pass high; Fake high, pass low. Encourage defenders to work hard, but don’t let them stay too long in the middle.

4. Completed Passes

Organisation
- Divide players into two even teams.
- Use half-court area. Start with a jump ball.
- Team with ball must complete 5 passes to score a point; 5 points wins the game.
- No dribbling allowed, just pass and move.
- After five completed passes, restart with a jump ball.
- If defenders intercept the ball, they go on attack and try to complete five passes.

Progression
- Start with 5v2, or 5v3, if necessary.
- Vary the number of passes required to score a point.
- Increase the number of points needed to win the game.

Encourage intelligent movement off the ball. Promote use of pivots and fakes. Referee travelling violations and contact fouls carefully.
Cone Ball

Organisation
Divide players into two teams. Players dribble or pass the ball and attempt to score points by hitting a cone placed within a hoop or chalked circle, at each end of court.

Progression
Play same game using a player standing on a mat as a target. Pass to player to score.

One in Each Court

Organisation
Ideal game for warm up and for younger players who find it difficult to score baskets.

Progression
Play 4v2 in each court or 3v2 in each court.

Basic Basketball

Attacks should keep heads up and pass or dribble the ball quickly.
The defender can only defend in their own half court area.
Footwork

1. Footwork

   Organisation
   - Footwork drills can be used during a warm up or cool down. Players run and stop quickly using a stride stop, where first one foot (1), then the other (2) hits the ground.
   - Players can also stop using a jump stop, where both feet hit the ground at the same time (3).
   - Use a half court or full court depending on numbers.
   - Ask players to move about and stop quickly on the whistle.

   Progression
   - Players can start in the ready position (feet shoulder width apart, knees flexed, back straight, head up) then move off changing speed and direction.
   - Players can also perform short movement sequences i.e. go, slow, change direction, fast, jump stop, pivot, etc.

2. Pivoting

   Organisation
   - The players jog around and stop on the whistle or command.
   - Having stopped, they keep one foot in place (1) while pivoting around in a circle with the other foot (2).
   - On the whistle they start running again.

   Progression
   - Pivot off stride and jump stops.
   - In pairs have one dribble and one follow. On the whistle the dribbler stops and the follower tries to get the ball, while the dribbler pivots. Change over after 10 - 15 seconds. Stress no contact.
**Dribbling**

### 3. Dribble Knockout

**Organisation**
- Put 4-6 players in each of the 3 court circles.
- Every player has a ball.
- Players must keep dribbling and stay within the area.
- At the same time players may use their free hand to knock away other basketballs.
- Any player whose ball is knocked out of the circle, or who steps outside the circle, is "out".
- The last player left, still in control, wins.

**Progression**
- Vary the number of players in circle.
- Increase/decrease the size of the playing area.
- Players can only use non-preferred hand.

Stress no contact and head up when dribbling.

### 4. Pacman

**Organisation**
- Use a half court area. Select 2 or 3 pacmen.
- Every player has a ball and dribbles within playing area. Pacmen try to tag dribblers.
- If tagged, player must hold ball above head and stand still, with legs wide apart.
- Other players can release tagged players by dribbling ball through their legs.
- Pacmen try to "gobble up" or "freeze" everyone.
- Players who lose control of their dribble are automatically tagged.

**Progression**
- Vary the number of pacmen.
- Pacmen also have to dribble a ball.

Keep eyes up to avoid collisions. Stand with legs wide apart. Repeat until everyone gets the opportunity to be a pacman.
Dribbling

1. Copy the Coach
   - **Organisation**
     - Players spread out in front of coach with a ball each.
     - Coach dribbles from side to side, or forward and back.
     - Players shadow coach.
   - **Progression**
     - Coach can introduce "speed" and "control" dribbles.
     - Focus on non-preferred hand.
   - Challenge the ability of your players. Give them new dribbling skills to learn.

2. Circle Dribbling
   - **Organisation**
     - Players form a large circle.
     - Player with ball dribbles across circle, passes ball to another player, then takes that player's position in the circle.
     - The drill continues with players dribbling across and passing the ball.
   - **Progression**
     - Players use non-preferred hand.
     - Increase the number of balls.
   - Stress correct dribbling technique. Player receiving ball should be ready to move off quickly. Different dribble moves (hesitation, cross-over) can be used while crossing the circle.