Primary Schools

Mini-Basketball
1. Primary Schools Mini-Basketball

Primary Schools Mini-Basketball aims to enable children to learn, play and enjoy basketball in a supportive environment.

So why Mini-Basketball?

- It is a child-centred game using a size 5 ball
- Uses lower 2.6m (8.5 ft.) baskets for 10 year olds and younger
- And Adult 3.05m (10ft) baskets for 11 and 12 year olds, which most schools use
- It is indoor and outdoor and can be played in every school yard
- Provides a total sports experience of playing, refereeing and table officiating for girls and boys
- Can also contribute to the child’s physical emotional, social and ethical development
1. Primary Schools Mini-Basketball

The emphasis in Mini-Basketball is on participation and the learning of fundamental movement and basketball skills.

For further information on local Primary School Mini-Basketball events and a copy of our brochure contact info@basketballireland.ie

To get more information on teaching and coaching check out www.basketballireland.ie and go the primary schools and coaches sections.
Extra-curricular Mini-Basketball Session and The PE games lesson

While the 3 Phases approach is particularly suited to the extra-curricular session involving children who are particularly interested in Mini-Basketball and in playing for teams, it may be adapted for use within the Physical Education lesson where the games strand is taught.

We suggest 3 Phases in a 45 minute extra-curricular session

1. Firstly the Warm Up Phase which lasts no longer than 5 minutes. It aims to prepare the children mentally and physically for the session.

   The emphasis should be on active and enjoyable whole body movement activities.

   It can include dynamic stretches where the teacher's knowledge is important
2. The Practice Session & PE Lesson

2. The Teaching phase lasts roughly 15 -20 minutes

The teacher introduces the key learning points.

- Include new skills or a revision and development of previously learned skills
- The teacher should identify key technique points and then refine the skill(s) through interesting and challenging activities
- This Phase should contain frequent questions which allow the pupils to think e.g. what is the best pass to use etc
- Further discussion on the understanding and appreciation of Mini-Basketball can take place in oral language classes
- Where there is limited equipment and large numbers, the teacher might consider a ‘station’ system with a different skill at each station and all rotating
- The ‘station’ system also facilitates differentiation – where different ability groups are facilitated, perhaps with task cards
- It is best to progress to activities which challenge the children’s understanding and application of skills rather than using repetitive ‘drills’ only
2. The Practice Session & PE Lesson

3. The Game phase can take up half of the session

All children want to play the “game” no matter what the sport is.

- During this Phase the teacher should give all the children the chance to play either the full game of Mini-Basketball, a modified version such as 3 on 3 or a restricted game such as Bench ball.

- Elimination games should be avoided – keep children playing - all the time.

- There should be a short Cool Down where the body can slow down and readjust after activity. Static stretches may be included but are not essential. A walk back to the class can be an effective warm down

Always be aware of the health and safety implications for particular activities and carefully plan the session especially where there are large numbers involved.
3. Introducing The Game Of Mini-Basketball

Children love to play the game of Mini-Basketball. The challenge facing the teacher is in getting the players to spread out, avoid bunching and to avoid over-dribbling.

Let’s look at the 5on5 game

- A team has 5 players on court at any one time and 5 substitutes. This can be extended to a team of 12 – and all play.
- There are four quarters.
- All children play in 2 quarters or at least 1, depending on local rules. No child plays in all four.
- Most teachers use the 5 “on” 5 “off”, 5 “on” 5 “off” approach.
- Substitutions are made at the end of each quarter.
- A score is worth 2 points, a free throw 1 point.
- There are no three point shots in Mini-Basketball.
There are essentially 3 rules:

No running with the ball without dribbling, to do so is called travelling
No illegal contact
No double dribble – a player cannot dribble, stop dribbling and dribble again

The five players with the ball are called the Offence.
They should spread out and move to get free for a pass.
Markers on the floor which players head for when free help.
Simple tactic: Look ahead, Pass ahead, Go ahead.

The five defending players are called the Defence and they aim to stop the Offence from scoring.

Defenders (Defence): start marking from the half-way line, picking up one player (your man) and staying between that player and the basket. Local rules can allow for pressing in the last quarter where children mark their opponents from the end line.
Progression
One type of traditional Offence which is helpful in Mini-Basketball is the 1.2.2 Horse Shoe Offence. This has the point guard who brings the ball up the court, a left wing, right wing, left forward, and right forward. Children should experience all positions in Mini-Basketball.

The Offence should get free of their markers for a pass and pass to a team-mate ahead and go –“give and go”.

Again Look ahead, Pass ahead, Go ahead

Illustration On The Next Page
3. Introducing The Game Of Mini-Basketball

Horseshoe Offence
The Mini-Basketball Game

(1-2-2) Horseshoe Offence
4. The 3 on 3 Game

3on3 is growing in popularity all over the world.
It is played using one basket. You need a three point arc or a marked area with cones to define the playing court. When a turnover, out of bounds or score happens, the ball is inbounded from outside the playing area and a new offence starts.
4. The 3 on 3 Game

There are essentially 3 rules:
- No running with the ball without dribbling, to do so is travelling
- No illegal contact
- No double dribble – a player cannot dribble, stop dribbling and dribble again

2 points for a basket, 1 point for a foul in the act of shooting, there are no free throws.

Here are some teaching suggestions
- Use the point guard, right wing and left wing format.
- When a player receives the ball in offence, they should always be ready to dribble, pass or shoot – the triple threat
- Pass to the player ahead and go – “give and go”.
- And if you don’t receive a return pass go to the opposite side.
- Mark one player and stay between that player and the basket.
- Stop players monopolising the game by over dribbling. If this happens – give possession to the opposition.
4. The 3 on 3 Game

Suggested Offence
4. The 3 on 3 Game

Further development of 3on3

We can expand the game of 3on3 to include 6 players on each team with 3 playing at any one time and the other 3 given positions as scorekeeper, time-keeper and referee. There are 4 quarters using the “on, off, on, off” rotation.
5. Some Restricted Games

Can be used with the full game or 3on3 in the third phase of the session or PE lesson.

**Benchball**
2 benches are placed on either end of the designated court. 1 player from each team stands on the benches. The game is played as in Mini-Basketball except that the teams score by passing the ball to their team-mate on the bench who must catch the ball successfully above shoulder height on the Bench. The player on the Bench may not be touched.

**Dribble free**

Divide the class into units of 4 v 4 or 5v5 and designate the court boundaries for each game.

- There are essentially 3 rules:
  - No running with the ball – no travelling
  - No illegal contact
  - No Dribble

- 5 (or more) successful passes among the team counts as a point. Rotate the teams.

**Zone to Zone ball – 16 players (or less)**

Mark out a playing area 7m x 10m with a divide down the centre using cones or a line. Each side of the divide is called a Zone. Two teams of 8 play, 4 of the team on each side of the Zone. All the rules of Mini-Basketball except a score is made when a player successfully passes to another team-mate across the divide i.e. from Zone to Zone. No lob passes allowed. After a score the ball is given to the other team. A standard basketball court can accommodate two games involving 32 players. Can have a time limit with the winning teams staying in their Zone and the losing teams moving to the other Zone for a final game. Can use different sizes of Zone with different numbers of players.
6. Warm Up Activities

Fundamental Movement with and without the ball in Mini-Basketball

Players learn Fundamental Movement Skills (FMS) in all strands of the PE Curriculum, in extra-curricular and extra school sport and through an active lifestyle. Moving without the ball is an important skill in Mini-Basketball since most of the game is played without the ball. A selection of these activities can be used in every lesson or session; as a Warm Up.

Let's look at some technique points

- **Easy running:**
  Be relaxed, head up, run on the balls of the feet, with arms working in unison in a pump-like fashion. Relaxed shoulders.

- **Change of Direction:**
  Should be made quickly and sharply (not curves). Drive off opposite leg with well-bent knee, e.g. off right leg when turning left.

- **Change of speed:**
  Dip the trunk slightly, head forward.

- **Run and stop - Stride Stop:** (1 – 2 stop):
  From an easy run, place one foot out in front as a brake and bend the knees. From a fast run make a shallow jump landing on one foot allowing the other to swing forward in a longer-than-normal stride; front foot goes down flat, knees well bent.
6. Warm Up Activities

- **Run and stop - Jump Stop: (1 count stop):**
  Make a shallow jump and land with both feet simultaneously, parallel from heel to toe; knees must be well bent, adopt a “sit-down” position.

- **Lay Up jump (one foot take off):**
  Approaching the take-off, make a long final stride with front knee well bent, drive hard upwards and reach high with opposite hand, e.g. when jumping off left foot, drive right knee up and reach with right hand.

- **Skipping – including different kinds of skipping.**
6. Warm Up Activities

Activities suitable for the Mini-Basketball lesson/session Warm Up Phase

1. Random running: - Use peripheral vision, no collisions. Teacher calls out changes – easy running, change of direction when you come you see two lines bisecting, stride stop on whistle, jump stop on whistle, right handed lay up on whistle, left handed lay up on whistle, sit down, touch toes etc.

2. Track Warm Up:
   Teacher places a set of three cones or markers around the yard about 20 metres apart, or uses existing markers in the yard. The players spread out and take a place on the boundary ideally 2 metres from the next player. The players pick an inside or outside track and players can change. On a signal the players start easy running and every few seconds the teacher calls out different instructions such as: faster, front skip, side skip, stride stop, jump stop, zig zag/slam on, take a right hand Lay Up (in the air), take a left hand Lay Up, slower, stop and jump etc. Use a second and even a third lane to avoid pile ups.

3. Line running:- emphasising technique points
   Divide the players into as many columns as possible on both endlines. Starters alternate on each endl ine. The first player in each column runs to the opposite column along the full length of the court, passing a player running in the opposite direction. Players must decelerate as they approach the facing column. On reaching a new column the player goes to the end of the line to await another go.

4. Zig-Zag:
   Using Activity 1 above. Run full length of court making frequent changes of direction as requested or with cones or chairs between the lines.

5. Run and chase (Cat and Mouse)
   In pairs, first player tries to escape chaser who attempts to stay within one arm’s length of partner. Both must stop using a stride or jump stop, on command.
6. Warm Up Activities

6. Run for a seat
Four teams seated equal distances around court with one person standing at each team. On signal, standing person runs clockwise to next group, touches one of them and sits down. The team rises, runs full circuit of court and sits down. Last one seated becomes the standing person who starts the next round.

7. Cones and Saucers
Divide the class into two teams – cones and saucers. Use as many dome shaped cones as possible. Lay them out around a specified area with some turned up like saucers and others turned down like cones. On the whistle the players turn as many cones as possible to look like their team’s name (cone or saucer). After a specified time the whistle blows to end the game and the teacher and players count the number of cones for each team.

8. Dizzy Cones
Place cones at random around the court. Groups of players jog until they reach a cone, then change direction by doing the above. Again emphasise should be placed on staying low, pushing off one foot and changing speed immediately after push off.

9. The Fox and the Chicken
Divide players into groups of four. Three of the players hold hands and form a triangle. The other player is the chaser/fox and remains on the outside of the triangle. One of the three players is chosen as the chicken. The players in the triangle work together to keep the chicken away from the fox - without breaking hands. The fox runs around the triangle and aims to tap the chicken on the shoulder. Alternate the fox and the chickens

Teachers should design their own warm up games
7. Ball Handling Activities

Ball Handling
Ball handling activities can be fun and personally challenging. Practice each for 30 seconds clockwise and then anti-clockwise. Players should be encouraged to invent their own activities and to develop personal “beat your own records”.

Let’s look at some technique points

- Players should have their fingers well spread with only the pads of the fingertips touching the ball.
- Whenever possible keep the head up (do not watch the ball)
- Develop quickness as one gains confidence.
- Before starting, slap the ball 5 to 10 times using alternate hands, to get the feel of the ball into the fingers.

8/10 players demonstrate with one player leading, following instructions, all going clockwise and anti-clockwise.
7. Ball Handling Activities

<table>
<thead>
<tr>
<th>Practice skills</th>
<th>Teaching points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Hand tipping</td>
<td>Tip ball between hands approximately 30 cm apart. Use all of hand but not palm.</td>
</tr>
<tr>
<td>2 Head wrap around</td>
<td>Back straight, wrap ball around head, knees flexed, shoulder width apart. Use all of hand but not palm.</td>
</tr>
<tr>
<td>3 Waist/leg wrap around</td>
<td>Wrap around waist, leg then leg, waist—repeat. Count one for every wrap.</td>
</tr>
</tbody>
</table>
4. Figure eight
Feet shoulder width apart. Follow figure eight path between legs. Reverse direction at 5 seconds.
7. Ball Handling Activities

5. Single leg dribble wrap
10 seconds for left hand. 10 seconds for right hand. Record how many wraps were completed in a minute.
7. Ball Handling Activities

6. Drop behind back
Drop behind back, catch at waist level, bounce through legs and catch at front. Repeat.
7. Ball Handling Activities

7. Scissors Reflex

Knees flexed, ball between knees, one hand in front- one behind. Alternate hands without ball touching floor.
7. Ball Handling Activities

8. Figure eight dribble

Dribble ball as low as possible, legs flexed shoulder width apart. Follow figure eight pattern.
7. Ball Handling Activities

9. Ricochet
Feet spread, legs locked, back straight. Bounce the ball hard between legs and catch behind. Return in opposite direction.
7. Ball Handling Activities

10. Head/waist/leg wrap around
Wrap around head, waist, legs then legs, waist, head. Count each wrap as one.
7. Ball Handling Activities

11. Scissors dribble
Start in scissors position. On each dribble legs alternate.
7. Ball Handling Activities

12. Rhythm drill
Drop the ball and reverse hand position. Rotate ball from back of legs around to start position-repeat.
7. Ball Handling Activities

13. Spider drill
Two dribbles at front, two at back. Count each time ball touches right hand at front.
Passing & Catching for Beginners

Mini-Basketball is essentially a passing game where all the players are continuously involved – leading to good teamwork. Let’s look at the technique points for the main pass which is called the Chest pass.

- Firm “W” shape grip of ball by hands
- Fingers spread
- Keep palms off ball, and elbows in
- Step forward pointing lead foot in direction of pass
- Strong wrist action
- Follow through with arms extended
- Pass should generally be received between chest and waist (allow for gravity)
8. Passing Beginners

Now the technique points for catching

- Step to meet pass
- Give passer a target - raise hand
- Watch ball;
- Move to get free for pass
- Two hands for safe catching
8. Passing Beginners

Beginner passing Activities
We are going to show you activities based on one group. In a class or session there will be multiple groups.

1. Pairs
Players face one another in pairs. Ball is passed over and back using the Chest Pass.

2. Shuttle relay
Players line up in 2 lines about 5 metres apart. First player in line A passes to line B, and goes to the end of that line. Relay continues. Shuttle Relay leads to plenty of movement but can break down if lines get too close to one another or the activity continues for too long. Teachers can also use cones.

3. Semi-Circle Passing
Players form groups of 4 or 5. Players stand in a semi-circle with one passer at the head of the semi-circle. This passer passes the ball to each player in the group and receives a pass back. The main passer is then replaced with a player from the semi-circle. The teacher can stop the activity to discuss technique points of passing and catching.

4. Headed Monster
3 lines A, B and C in a triangular shape about 4 metres apart. A passes to B and runs to the end of line B. Then B passes to C and runs to the end of line C. Then C passes to A and runs to the end of line A. After 2/3 minutes reverse order. Can also pass in one direction and run in another.
8. Passing Beginners

5. Pass and move
In pairs, run up and down court passing ball using the bounce pass without travelling.

6. Pass and Duck
Players form a line. First player stands facing line, 2 metres away. First player passes to second player in line and receives return pass from player who then squats. First player passes to each player in line and receives return passes until all players are squatting. First player then raises ball above head to show activity is completed. Multiple lines may compete.
We are now looking at different types of passes and more challenging passing activities.

The Two handed bounce pass is used to get the ball to a team-mate when there is an opponent in the way.

The ball is bounced near the feet and under the out-stretched arms of the opponent so that they cannot block the pass.

The technique is the same as the chest pass except that the ball is pushed down and hits the floor approximately two-thirds of the distance to the received and reach him at a height above the knees and below the waist.

This is the slowest pass in basketball and should be used sparingly. It is good technique to fake a shot or chest pass to raise the defender up out of his defensive stance before attempting this pass.
9. Passing Advanced

The **Baseball/Javelin pass** is used to throw long passes

- The ball is carried behind the ear and head, the fingers are well spread behind the ball and the throwing hand then tosses the ball from behind the ear and follows through so that the ball rolls off the top of the fingers.

- Step toward the receiver to provide accuracy and added force

- This pass is only thrown with dominant hand

Two handed overhead pass

- The hands are on the sides toward the back of the ball with the fingers pointed upward and the thumbs on the back of the ball pointing inward toward each other.

- The hands go straight up, not up and back over the head.

- The elbows are slightly flexed and the ball is released by a quick snap of the wrists.
9. Passing Advanced

Advanced Passing Activities
Here are a variety of more advanced Passing Activities. Teachers can also go back to the Beginners Activities and use them with different passes.

1. Four Corner Passing
Form 4 lines A, B, C, D. A passes to B and runs to the end of line B. Then B passes to C and runs to the end of line C. Then C passes to D and runs to the end of line D. And so it continues. His activity can be used with a variety of passes and balls. It should also run clockwise and anti-clockwise.

2. Player-in-the-Middle
Players form a circle with one player (player) in the middle. The middle player attempts to intercept passes around the circle. Players in the circle are not allowed to pass to their immediate neighbours. Suggest stepping into pass and trying different passes. Can increase players in the middle. No high lob passes allowed.

3. Cats and Mouse
Players in threes in a restricted area, two cats passing to one another with the mouse is trying to intercept. The cats can move 2 metres in either direction. The teacher can discuss the uses of different passes with the players. If the mouse touches the ball, they become a cat.

4. Jump Stop and Pass
Divide players into groups of 4 at the baseline. The first player in each group dribbles to the free throw line, jumps stops and pivots. This player then passes the ball to the next in line and returns to the end of the line. This continues until all have a turn.
5. Fox in the Ring
Divide players into groups of four: 1 defensive player and 3 passers. The passers stand at cones which form a triangle. The passers pass the ball to one another while the player inside the triangle has to play defence. The defensive player tries to touch the ball. If the defender touches the ball, the passer who made the mistake becomes the next defensive player. The teacher can provide a time limit or specified number of passes to ensure players do not spend too much time in the same position.

6. The Hexagon Race
6 players – 2 triangles of 3 cross over. 2 balls. Each triangle passes to one another. Can count the number of successful passes or have a target such as 10 successful passes.

7. The Roundabout
6 players in a circle, 2 or 3 balls in play. The ball can be passed to any new player but not back to the passer. Passers can’t pass until a ball is caught.

8. Magic Square
9 players. Four pairs form a square A, B, C, D, about 8 metres apart. 1 player in the middle. The first player in A passes to E, then runs towards B and stops the moment a return pass is received from E (stride or jump stop) and then passes to the first player in B, then going to the B line. The activity continues clockwise then anti clockwise.

9. Passing Advanced
10. Dribbling Beginners

Dribbling appeals to all players. However teachers must ensure that dribbling does not dominate the game and that no individual player monopolises the ball to the exclusion of others.

Let’s look at the Basic Technique Points

• Dribble with spread finger pads on the ball
• Do not slap the ball with the palm of hand
• Knees slightly bent
• Push the ball towards the ground, extending arm fully while flicking wrist
• Allow the ball to return to hip height before dribbling again
• Head up while dribbling in order to see players ahead and the basket – this is called peripheral vision

Note: Players can ONLY dribble the ball with one hand at any time
Teachers should encourage players to always practice dribbling with left and right hands.

Beginner Passing Activities

We are going to show you dribbling activities based on one group. In a class or session there will be multiple groups.

1 If 1 ball per player
Players dribble freely in a specified space, using peripheral vision. Teacher repeats key technique points. Players divide into pairs and perform for one another – offering positive suggestions. Back again to dribble freely

2 Dribble relay
Players line up one behind the other and at a signal the first player dribbles the ball to a specified point (cone, chair etc.) goes around the point, returns – all the time dribbling, comes to a jump stop and gently hands to the next player in line. Rest of players continue until all have had a number of attempts.
10. Dribbling Beginners

3 Zig Zag relay
Same as Dribble Relay, with cones or chairs placed between the start and the point forcing the players to change hands and height of dribble.

4 Shuttle relay
Players line up in 2 lines about 5 metres apart. First player in line 1 dribbles to line 2, comes to a jump stop, gently hands the ball to the first player in line 2 and goes to the end of the line. Relay continues. Cones, chairs can be placed between lines. Shuttle Relay leads to more movement but can break down if lines get too close to one another.

A fun relay competition can be used but not at the expense of skill learning. Fun relays create great excitement and should be left to the end of the Lesson/Session Phase.

5 Sea Crabs
Divide the class into two groups: sea crabs and dribblers. The sea crabs stand in one half of the court but cannot move their bodies – only their hands. The dribblers have to dribble around the half court, protecting the ball from the sea crabs. Best to play for 30 seconds with dribblers keeping the ball then swap rolls. See who survives.

6 Truck and Trailer
2 players, one ball. First player dribbles with right hand from baseline to free throw line, jump stops, pivots and hands off to partner who has followed, who continues with a left handed dribble to the half-way line, and the movement is repeated. Activity continues.
7  Hunting the Mouse
Players form a circle each with a ball. They can stand or try different ball handling drills. Another player is chosen as the mouse who then dribbles the ball around the circle. The mouse touches one of the players in the circle, who then dribbles after the mouse, trying to catch the mouse before the mouse has got around to the vacant spot in the circle. If the chasing player does not catch the mouse, the chaser becomes the new mouse. If the chaser catches the mouse, the mouse must go again.

8  The Clock:
5 players in a circle, another 5 line up near the circle. Players in the circle pass diagonally to each other. During this time each of the players in the line takes it in turn to dribble round circle. When all dribblers have gone round circuit, count the number of passes. Change places.

9  Obstacle speed dribble
Players set up in lines beside baskets on both ends of a court. Number of lines depends on the number of players. An “obstacle course” is laid out on the court where cones, chairs and other obstacles are placed along a number of lines on the court. Players dribble between obstacles, using crossover dribble, protecting the ball and keeping their eyes up until they reach the end of the obstacles. Players then speed dribble to the basket for a Lay Up or jump stop and Set Shot.
11. Dribbling Advanced

Advanced Dribbling

Let's look at different types of dribble. Don't forget to:

- Always protect the ball by using the hand furthest from the defender and using the other arm "within body space" to protect the ball
- Do not dribble when a pass is better.
- Avoid a "one bounce dribble".

Types of dribble

Speed
Straight forward dribble down court. Ball on safe side, away from the defender and generally rises to hip height. Look ahead and not at the ball.

Crossover
Change dribble hand when approached by a defender. Must push the ball across to the other hand. Protect the ball with your body.

Spin
Dribble towards opponent. If using right hand plant left foot near the defender's feet and reverse pivot around defender while protecting ball. Right hand is used until dribbler has completed the spin and then the left hand is used.

If using the left hand plant the right foot near the defender's feet and reverse pivot around defender while protecting ball. Left hand is used until dribbler has completed the spin and then the right hand is used.
11. Dribbling Advanced

**Behind-the-Back**
Change dribbling hand with one bounce behind back. Need to arch back. Best to practice going around a circle.

**Between the Legs**
Change dribbling hand with one bounce through the legs. Need to place dominant foot forward slightly and push ball through the leg.

**Advanced dribbling activities**

We are now looking at more challenging dribbling activities. You can use the beginner dribbling activities using different types of dribbles.

1. **Copy Cat**
Players stand in a semi-circle around the chosen player or in a line facing. Each player has a ball. The leading player demonstrates different dribbling activities while the players copy. Use all technique points and different types of dribble.

2. **Fisherman’s net**
This activity requires a designated area using walls or cones, at least 20m long and 14m wide. Players are split into two lines – along court lines or walls. Start with 1 player in the centre who is the Fisherman and who does not have a ball. All the players at the wall have a ball. At a start signal from the teacher, the players at the end lines/walls attempt to dribble to the other end line/wall without getting caught by the Fisherman. If caught, they join the Fisherman. They must stop where caught, continue dribbling on the spot while using their free hand to touch a player trying to get from wall to wall. Continues until all are caught.
3. **Bandits**
   5 balls per group of 10 in a designated area. Players with ball dribble in the area while players without a ball try to "steal" a ball without fouling and continue dribbling themselves if they "steal" a ball.

4. **Hunting the Mouse**
   Players form a circle each with a ball. They can stand or try different ball handling drills. Another player is chosen as the mouse who then dribbles the ball around the circle. The mouse touches one of the players in the circle, who then dribbles after the mouse, trying to catch the mouse before the mouse has got around to the vacant spot in the circle. If the chasing player does not catch the mouse, the chaser becomes the new mouse. If the chaser catches the mouse, the mouse must go again.

5. **The Clock:**
   5 players in a circle, another 5 line up near the circle. Players in the circle pass diagonally to each other. During this time each of the players in the line takes it in turn to dribble round circle. When all dribblers have gone round circuit, count the number of passes. Change places.

6. **Obstacle speed dribble**
   Players set up in lines beside baskets on both ends of a court. Number of lines depends on the number of players. An "obstacle course" is laid out on the court where cones, chairs and other obstacles are placed along a number of lines on the court. Players dribble between obstacles, using crossover dribble, protecting the ball and keeping their eyes up until they reach the end of the obstacles. Players then speed dribble to the basket for a Lay Up or jump stop and Set Shot.
12. Stopping & Pivoting

Most players find the rule on travelling extremely difficult. It only applies to the player with the ball.

Basically the player cannot run while carrying the ball.
• A player who receives the ball in the air can only take two steps on the ground and must get rid of it before taking a third step.
• A player who receives the ball when standing still, or stops correctly after catching it, is allowed to PIVOT
• PIVOTING means moving one foot in any direction while the other foot remains on the ground.
• A breach of the rule is called TRAVELLING.

There are two ways of coming to stop with the ball.

First the Stride (1 – 2 stop):
• From an easy run, place one foot out in front as a brake and bend the knees.

• From a fast run make a shallow jump landing on one foot allowing the other to swing forward in a longer-than-normal stride; front foot goes down flat, knees well bent.

The other type of stop is called the Jump Stop which is a 1 count stop
Make a shallow jump and land with both feet simultaneously, parallel from heel to toe; knees must be well bent, adopt a "sit-down" position.
Let's look at some teaching activities for stopping with and without the ball

1. Random Running

Players random running and on command, stop, using stride or jump stop as directed. This activity can be also part of the Warm Up

2. Count to 5
   - Players work in small groups with a ball each. The player dribble, come to a stride or jump stop, counts to 5 then goes again.
   - Players work in pairs, rotating after a short discussion
12. Stopping & Pivoting

Pivoting

Pivoting:
Turning on the ball of one foot is called pivoting. It is used to protect the ball, to face the basket (SQUARING UP in TRIPLE THREAT POSITION), and to block out for a rebound.

Let's look at some Teaching Activities for Pivoting

1. Random Running

Like before, the players are random running and on command, stop, using stride or jump stop as directed and then pivot. Keeping the steps short, this activity can be also part of the Warm Up.

2. Count to 5

- Players work in small groups with a ball each. The player dribbles, come to a stride or jump stop then pivots using short steps, counts to 5 then goes again.

- Players work in pairs, rotating after a short discussion.

3. Single line dribble, stop, semi pivot and pass

Players in lines at about 6 metres from a cone. First player dribbles the ball to the cone. Just before reaching the cone, the player comes to a stride stop or jump stop as directed, pivots and passes to the second player in the line. The player follows the pass and goes to the end of the line and the rotation continues.
13. Set Shot

The set shot is the basic shot of Mini-Basketball – all players love to shoot.

**Hands**

Let’s start with a player (player?) facing the basket about to shoot the ball from a stationary position.

- The dominant hand is behind and slightly under ball,
- Fingers are spread with index finger pointing to ring.
- The ball rests on finger pads.
- The supporting hand is on the side with fingers pointing to sky. The supporting hand is not involved in pushing the ball.

Player shoots the ball – camera shoots above waist

**Balance**

It is very important that the player is on balance.

- Feet are shoulder width apart with leading foot slightly in front of other foot,
- Knees are bent as the power for the shot starts with the straightening of the legs.
- Toes are facing the basket.
13. Set Shot

**Eyes**
For accuracy eyes are kept on the target. The target can be the ring from the front, or the backboard from an angle.

**Elbow**
Also, the elbow needs to be bent with forearm vertically in line with the basket, and the wrist bent slightly back.

Player shoots

**Follow though**
For the final shot we see the ball starts just above her tummy.
- The wrist should be “cocked” back holding the ball.
- The power comes from straightening the legs, up through the body and to the straightening elbow,
- The wrist snaps, rolling the ball off the finger tips.
- A good follow through will have the elbow fully extended, wrist flexed, with fingers and thumb pointing to the floor - ‘waving goodbye to the ball’.
- The ball should follow a rainbow arc and not a straight path from player to basket.
13. Set Shot

In summary the set shot is about H - B.E.E.F

**H Hands:** Dominant hand behind and slightly under ball, fingers spread with index finger pointing to ring. Ball rests on finger pads. Supporting hand on side with fingers pointing to sky. The supporting hand is not involved in pushing the ball.

**B Balance:** shoulders width apart with leading foot slightly in front of other foot, knees bent as the power for the shot starts with the straightening of the legs. Toes facing the basket.

**E Eyes:** eyes on the ring or a spot on the backboard if shooting bank shot off backboard.

**E Elbow:** elbow needs to be bent with forearm vertically in line with the basket,

**F Follow through:**
- Ball starts in the pocket – just above tummy.
- The wrist should be "cocked" back holding the ball.
- The power comes from straightening the legs, up through the body and to the straightening elbow,
- the wrist snaps, rolling the ball off the finger tips.
- A good follow through will have the elbow fully extended, wrist flexed, with fingers and thumb pointing to the floor - 'waving goodbye to the ball'.
- The ball should follow a rainbow arc and not a straight path from player to basket.

Encourage the players to self-assess their shot using H – B.E.E.E.F
13. Set Shot

Beginner Set Shot Activities

Players need to learn the key technique points of shooting and to practice them regularly. This can be done at home to a basket, to a wall or with a friend. The teacher lets the players shoot, and gradually improves technique by introducing and refining technique points.

The following shooting activities should be of help to a teacher in organising groups of players to learn and perfect the set shot.

1 Pairs

Players line up in pairs facing each other a few metres apart with one ball between two. The players are asked to shoot the ball into their partner’s hands which are held above their heads. The teacher can introduce the key technique points.

2 Single line shoot

Players in a straight line three metres from basket. Rebounder under basket. 1st player shoots, and then becomes rebounder. Rebounder catches and passes to next player in line then joins the end of the line. The rebounder ensures the shooter does not rush the shot and keeps more involved.
13. Set Shot

3 Fifteens
Two or more teams, each at fixed points from basket (can use cones).
First player in each line shoots the ball, rebounds and passes to the next player in line and goes to the end of the line. Players score;
  • 3 points if it goes through the net without touching the backboard or ring
  • 2 points if shot touches the ring or backboard

4 Target
Two or more teams, each at 5 fixed points from basket (can use court markings)
First player in each line shoots the ball, rebounds and passes to the next player in line and goes to the end of the line. The first team to shoot 5 baskets shouts 'target' and moves to next shooting spot. Teams who did not make the target of 5 must run to the half way line and move to the next shooting line. Teams count scores and the first team to reach 20 wins.
Here are some Advanced Set Shot Activities which are ideal for task cards for small groups

1 Single line shoots with dribble and stop.
Players in line 5 metres from basket. Rebounder under basket. 1st player dribbles the ball to a three metre point, comes to a jump stop and shoots, and then becomes rebounder. Rebounder catches and passes to next player in line, then joins the end of the line.

2 Power Play
In pairs, one player is shooting and one player is rebounding. Shooter takes shot then moves to another spot around the basket within range. Rebounder makes good crisp passes back to shooter, shooter shoots quickly to simulate game conditions. How many baskets in 30 seconds?

3 Overload
A number of players stand in a semi-circle around the basket, a smaller number, two or three stand inside the key. The attackers have one ball which can be passed around until one player is free to shoot. If a shooter misses, they exchange with a defender who catches the rebound.
4 Champions
Players in line 5 metres from basket. Rebounder under basket. First player sees how many shots they can score in a row. Player becomes the rebounder if they make 2 in a row. If a player misses a shot they join the end of the line and try again.

5 Hotshooting – an individual exercise.
Player shoots with 1 ball, then immediately shoots with second ball. Collects first ball before it stops bouncing and shoots. Collects second ball before it stops bouncing and shoots. The activity continues until shooter fails to collect ball before it stops bouncing.
14. Layup Shot

The Lay Up - Basic Technique Points Right hand Lay Up

The Lay Up shot is one of the most exciting skills in basketball and, it can be difficult to teach. It is best for a teacher to work with a small group at a time while the other players are involved in stations. I am now going to teach it in 4 stages.

Stage 1
• Stand at 45° to the basket, about 3 steps out
• Feet together, both hands on the ball.
• Step on left foot, collect ball with right hand like the set shot (but more to right side). Reach up with the ball pushing it gently with right hand at “top back corner of small rectangle.

Stage 2
• Stand at 45° to the basket, about 3 steps out
• Two feet together
• Step left, bouncing ball once with right hand
• Step right while collecting the ball in both hands (like set shot but more to the side)
• Step left, and jump to shoot (by raising right knee, reaching up with ball above the head, pushing it gently with right hand to top back corner of the small rectangle)

“Bounce, Catch, Step, shoot”
14. Layup Shot

Stage 3

• Stand at 45° to the basket, about 3 steps out
• The player dribbles the ball on the spot with right hand and when ready goes “Bounce, Catch, Step, Shoot”.

Stage 4

Dribble towards the basket from a distance at medium pace and begin Lay Up at a 45° angle “Bounce, Catch, Step, Shoot”.
14. Layup Shot

Basic Technique Points left hand Lay Up

We now look at the left hand Lay Up which should be always done by either left or right handed players when approaching the basket from the left side,

Stage 1
- Stand at 45° to the basket, about 3 steps out
- Feet together, both hands on the ball.
- Step on right foot, collect ball with right hand like the set shot (but more to left side). Reach up with the ball pushing it gently with left hand at “top back corner of small rectangle.

Stage 2
- Stand at 45° to the basket, about 3 steps out
- Two feet together
- Step right, bouncing ball once with left hand
- Step left while collecting the ball in both hands (like set shot but more to the side)
- Step right, and jump to shoot (by raising left knee, reaching up with ball above the head, pushing it gently with left hand to top back corner of the small rectangle)

“Bounce, catch, step, shoot”
14. Layup Shot

Stage 3
- Stand at 45° to the basket, about 3 steps out
- The player dribbles the ball on the spot with left hand and when ready goes “Bounce, Catch, Step, Shoot”.

Stage 4
Dribble towards the basket from a distance with the left hand at medium pace and begin

Lay Up at a 45° angle “Bounce, Catch, Step, Shoot”.

Ashling - same as Right hand
Beginner Lay-Up Activities

These beginner activities can be used for the right and left Lay-Ups

1  Stages 1 and 2 – single line

Teaching these initial stages is best done with players in a single file line, facing the basket at 45°. Each player comes forward to complete the stage and then goes to the end of the line.

2  Stage 4 – Circle dribble and lay Up

Players start at corner of free throw line (side depends on a left or right handed Lay Up). Dribbles and performs a Lay Up, rebounds, then dribbles in a circular way back to the start.

3  Windmill Dribble

2 lines facing the basket at 45°: - a Lay Up line and rebound line. Cones can be placed at the starting points for each line. The first player in Lay Up line dribbles towards the basket and makes a Lay Up. At the same time, the first player in the rebound line runs towards the basket and rebounds the ball after the shot. The rebounder dribbles to the sideline and passes the ball to the next player in the Lay Up line who receives the ball when still and then starts a dribble and lay up. The player that took the Lay Up joins the rebound line.
14. Layup Shot

Advanced Activities for the Lay Up

1 Windmill Pass, Cut and Lay Up with dribble
(highlights catch, dribble shot)

Basically the same drill as Windmill Dribble, except when the player in the shooting line receives the ball, they pass to the first player in the rebound line, cuts to the basket, receives a return pass and completes the Lay Up. Cones at the start of each line help to keep the lines “back”.

2 Windmill Pass, Cut and Lay Up without dribble
(highlights catch, good footwork and shot without the dribble)

Basically the same drill as Windmill Dribble, except when the player in the shooting line receives the ball, they pass to the first player in the rebound line, cut to the basket, receive a return pass and complete the Lay Up without a dribble i.e. catch, “one two count” and perform the Lay Up. The pass must reach the incoming player about 2 metres from the basket. Cones at the start of each line help to keep the lines “back”.

3 3 Drive
(highlights passing, catching and Lay Up in a games situation)

Players line up in 3 lines A, B and C facing three lanes, between the half way line and the free throw line. B passes to either A or B, while the player who did not receive the pass cut to the basket, receives a pass and completes a Lay Up. One of the other two rebounds, dribbles to the side and then passes to the next group of 3. Make sure the players who are finished move along the side, thereby allowing the next group of 3 to start.
15. Rebound Shot

**Rebound Shot - Advanced**

This a rebound shot close to the basket and is played off the backboard.

**Technique Points**

Same as H-B.E.E.F, for the Set Shot except that the ball is held slightly ahead of the forehead and released softly against the side of the inner rectangle on the backboard. Avoid using a soccer throw where the ball is brought behind the head.

**Here are some Rebound Shot Activities**

1. **Single line shoot**

   Players in line 2 metres from basket at 25° angle. Rebounder under basket. 1st player shoots, then becomes rebounder. Rebounder catches and passes to next player in line then joins the end of the line.

2. **Power Play**

   Players in line 2 metres from the basket at as above at 25° angle with no rebounder. Player gets 30 seconds to shoot Rebound shots from both sides. Shoot, rebound shoot.

3. **Fifteens with a Bank Shot bonus**

   Two or more teams, each at fixed points from basket (can use cones). First player in each line shoots the ball, rebounds and passes to the next player in line and goes to the end of the line. Players score:
   - 3 points if it goes through the net without touching the backboard or ring,
   - 2 points if shot touches the ring or backboard
   - 1 point bonus for catching the rebound before it hits the ground and a Bank shot is scored.

   The player then joins the end of the same line. First team to reach 15 points wins.
Advanced Offence
We are now going to focus on offence or attack for players who are playing a lot of Mini-Basketball

Concepts such as getting free from your marker, spreading out on attack, safe passing and moving into an open space for a return pass are common to all team games. The emphasis in Mini-Basketball should always be on fundamental skills, leaving specific offences to the teenage years.

It all starts with 1v1 moves
So, how do you get free from your marker in Mini-Basketball.
Here are a couple of ways:
• bring the defender down towards the baseline, change direction and come up for the pass
• bring the defender in towards the key and coming out for the pass in a V cut
• fake a move to the sideline and go behind your man

Triple threat:
On receiving ball a player squares up to the basket and has three main options: Shoot – Pass – Dribble. This is called the triple threat position

Fake and drive:
So a player receives the ball and is being closely marked. What are the options for beating the defender and going for the basket?

The player can fake and drive. The player receives ball, fakes a shot or a pass to deceive Defender and drives (dribbles) past for a lay-up shot. A player can fake with their head, ball or feet.
Rocket Step:
Another move is the Rocker Step. The player steps, faking to drive. As the defender moves back to cover, the player with the ball drives past and in for a shot.

Fake-step-drive:
And then there is the Fake-Step-Drive where the player steps to left as though to drive left. When defender moves to cover, attacker brings left foot back and drives to the right, leading with left foot.

We now move to 2on2 and the “Give and Go”

This is common to all team games. A player passes to one of his team mates then runs inside or outside his defender to take a return pass. The receiver should “get free” first.

The 3on3 brings a third player into play.
Any of the players can try a 1on1.
Any two can “give and go”
Or I player might pass to a player on one side and the third player cuts for the basket, receives a pass and scores.
Here are some activities which focus on practicing offence.

1. **1on1 games using cones or baskets or combinations**
   Divide the players in pairs using baskets if there are enough, or a combination of baskets and cones. If playing into a basket try to score, if playing to a cone try to touch the cone with the ball. Offensive players start about 5 metres from the target in the “triple threat” position. After a touch from the defender, they try to score using a named “move”. As the players progress they can try a combination.

   This can progress to 2on2
   And then 3on3

2. **Numbers is a great activity for groups of players and limited equipment.**
   Divide the players into groups of 6/8. Further divide each group into two teams and assign similar numbers to each team member. e.g 1s, 2s, 3s, 4s. The teams line up about 2 metres from their nearest team mates and about 6 metres from their opposing number. The teacher or a selected player rolls the ball between the 2 lines and calls out a number. The 2 players with the number run for the ball. The player who gets the ball is the attacker, the other the defender. Play must start from a “triple threat position. The aim of the game is to score a basket or touch a cone using a named or any offensive move.

   If the attacker comes to a stop and cannot shoot or touch a cone, then they can pass to a team mate, get a return pass and resume play starting in the triple threat position – touch and play. First team to reach a stated score wins.

   This can progress to 2 on2 by calling 2 numbers
   And then 3on3 by calling 3 numbers
3 Single line 1on1 can be great fun

Players line up in straight lines facing a basket on the free throw line. The first player becomes a defender. The second is in offence with the ball in the triple threat position. At a check from the defender the attacker challenges the defender in a 1on1 using the moves. If the defender falls back the attacker can take a set shot. After a score or turnover, The defender joins the end of the line and the attacker becomes the defender.

Fast Break
The formal fast break is really for teenagers and adults. However the concept of the quick transition from defence to offence is to be encouraged in Mini-Basketball. It is really more of an attitude than the performance of a specific fast break move.

Here are two fun fast break activities which are worth trying

1 The first is 3 player break

Players line up in 3 columns behind an end line facing the three lanes ie left lane, centre lane and right lane. The first player in each column steps forward, any one with the ball. The three pass to one another as far as the half way line. The centre player dribbles from there to the free throw line and passes to any of the other two who are ahead. The three go to the end of a different lane in the column facing them. The next three players continue.
16. Offence Advanced

Here’s an activity for a very experienced group of players

Players line up in 3 columns behind an end line facing the three lanes i.e. left lane, centre lane and right lane like before. The centre player has the ball, passes to one of the wings and follows the pass behind the wing. The other wing meanwhile runs to the centre and receives a pass. The passer follows the pass and goes behind the receiver. This continues down the court until one player reaches the free throw line and goes for a lay up. The activity continues.
Defence for Advanced as players progress

The emphasis in Mini-Basketball is on enabling players to learn and enjoy the game, therefore highly structured team defences such as Zone Defence are not allowed. Players are however encouraged to learn the basics of Man to Man Defence. Every player can learn to be a good defender.

Let’s look at the technique points for the Defensive Stance:

- Feet shoulder width apart
- One foot ahead of the other
- Back straight/ knees bent
- Head up, seat low
- Arms should be raised above hips and wide, with palms facing side or sky
- Player should be on the balls of their feet at all times.

2 Technique points for defending an opponent with the ball

- Head on the ball
- Keep between the opponent and the basket
- Step slide when moving and don’t cross feet
- Be aggressive, but be careful not to foul
- Try to prevent a pass, but don’t be lured out of position
- If an opponent is dribbling towards you, do not reach in, spring or step slide ahead to get the inside position with a good stance.
- As soon as an opponent stops dribbling, close in and prevent a shot or pass
- When the opponent shoots, the defender must block out to get the rebound.
- Use the “drop step” to move backwards - Keep front foot on the floor while the back foot is dropped backwards.
We are now going to try some activities to practice 1on1 defence

1  Direction
Teacher or a player stands on the end line facing the court. Players form lines about 5 metres apart facing the teacher/player in the defensive stance. The teacher/player points left and the lines of players step slide in the stance to the right. Teacher/player points right, forwards and backwards and the players step slide – always maintaining a proper defensive stance.

2  Pairs
Divide the players into pairs. One ball per pair. The offensive players holds the ball out as far as they can with one outstretched hand. The player can move the ball slowly in any direction across his/her body. The defensive player reacts to the movement of the ball, maintaining a low defensive stance and step slide.

3  Zig Zag Pairs
Divide the players into pairs – one dribbling slowly in a Zig Zag pattern (2/3 metres each side) down the court. The other player keeping a defensive stance stays ahead of the dribbling player. The defender will need to use the drop step and defensive step slide. Start the Activity with hands behind the back to ensure good footwork and that the defender keeps body between dribbler and basket and head over ball.

All of the activities in offence practice defence as well
17. Defence Advanced

Teaching points for Team Defence

Mini-Basketball is a team game and in Man to Man Defence the player must take responsibility for their own player and help the team. Let’s look at 3on3

• When one pass away, the defender should be between the ball and the player they are marking, while attempting to deny their player the ball

• When more than 1 pass away – the defender now steps towards the basket and the ball ready to help, while still keeping responsibility for their own player.

Activities for Teaching Team Defence

1. Shell

Two teams of four – one offensive and one defensive. Place offensive team in a square shape format around the key. Defensive team mark a player each. Offensive team slowly pass the ball around and defenders will react to each pass using the Technique Points. This can be developed to allow the Offensive team to skip a pass and also drive to the basket (requiring the defenders to react quickly)

2. 2v2 and 3v3 Offensive Activities

Emphasizing the Technique Points for Defence.
Advanced Rebounding

"Control the boards and you control the game". This sums up the importance of Rebounding. A good rebounder limits the opponents' chances of shooting and increases own team's opportunities.

Teaching Technique Points

• Try to secure a good position (inside opponent if possible)
• Jump 'High' (vertically), not inwards.
• Jump when one sees where the ball will drop – timing

• Try to catch the ball with both hands at full stretch
• Having gained possession, protect ball and look for:

  - A shot or pass (on Offence)
  - An outlet pass or dribble (on Defence).

Most common mistakes:

• Jumping too soon/late (bad timing)
• Turning head to watch ball (on Defence) instead of watching opponent and blocking out.
• Bringing ball down to waist level (or even ground level) after gaining possession.
18. Rebounding Advanced

Let’s look at some Teaching Activities for rebounding
Players line up about 2 metres from the backboard.

• The first player throws the ball off the backboard, rebounds and shoots for an offensive rebound and goes to the end of the line.

• Now we have a line of players facing the backboard and one player in the outlet pass position. The first player throws the ball off the backboard, rebounds, turns away from the basket, and passes to the player in the outlet pass position.
  All rotate.
THANK YOU!