BOUNCE IN
BASKETBALL

ASSOCIATION RESOURCE KIT

Basketball NSW

HER SPORT HER WAY

Acknowledgement of Country:

Basketball NSW acknowledges the Traditional Custodians of Country throughout New South Wales and their connections to land, sea and community in which we gather, meet and play.

We pay our respect to their Elders past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

For Further Information:

For more information about the Bounce in Basketball Program or how to get involved, please email info@bnsw.com.au
or visit https://www.bnsw.com.au/bounce-in-basketball/

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Overview:

Basketball New South Wales' Bounce In Basketball program is supported by the NSW Governments #HerSportHerWay campaign which aims to:

- Get women active within their local sporting community;
- Build awareness and understanding of the importance of physical activity;
- Reduce barriers to participation for women

The Bounce In Basketball program aims to encourage females to participate in skill development and game readiness within a basketball context to foster growth in order for the participant to join a structured competition post program.

This will be structured as a 4-6 week program for females aged 18+ who may be new to the sport or looking for an all female inclusive program to enhance their development.

The program will be accessible throughout NSW, with a particular focus on female participants that may have been previously physically active in other sports to learn the rules and skills of basketball.

Similarly, the program will be equally attractive to those that may have an involvement in basketball (e.g. parents of children that play, fans of the game, siblings or partner of a player) and those that know nothing about the game.

To make it truly accessible to all females, a range of providers can be involved in delivery of the program including local government, basketball clubs and associations and community focussed organisations such as YMCA, PCYC, local gyms etc.

The program will be delivered at a range of times and places to enable people to build it into their daily work, home and family routines.

It is not a traditional "membership" program and its primary aim is to develop a love of basketball and bridge the link of registering into a structured tournament or team.

Accordingly, the program is fun focussed and provides each participant with 45-60 minutes of activity across 4-6 weeks.

Benefits:

The Bounce In Basketball program provides females 18+ with a fun and safe basketball experience that serves as an introduction to a lifetime of involvement in the game.

The program is not just about introducing females to basketball – it activates and develops within each participant the desire for a healthy lifestyle and an association with our great game through joining a local association.

This is achieved through activities to assist the development of personal skills.

Benefits to participants;

- Learning of the fundamental motor skills for future physical activity and sports participation
- Learning of the basics of fitness conditioning, including how to train and practice
- Contact with other females provides valuable role model experiences and building of friendships
- Community structures often serve as positive models for other community programs that rely on volunteer support
- Greater social contact and interaction
- A stronger social fabric and improved community health
- Enhanced non-family support networks
- Decreased antisocial behaviour

Benefits to facilitators e.g. associations;

- Expanded talent pool
- More paying members if they continue to join
- Gender diversity at all levels can contribute to an improved reputation to position your association to meet the needs of the local community
- Increase the awareness of an inclusive community

Facilitator Notes:

This manual has been written for the facilitator and association of the Bounce In Basketball program.

The facilitator of Bounce In Basketball plays a key role in the success and sustainability of the program. The facilitator is responsible for promoting the educational, social and fun environment that is the foundation of this program.

The facilitator needs to be welcoming to all participants and accommodating to their skills, coordination or fitness levels, and most importantly, needs to be a flexible operator, modifying sessions to suit the skills and ability of the female group.

Program Curriculum:

The program is centred around learning the basics of game play and concepts to assist in bridging the gap between beginner to intermediate in order to progress into a structured team or competition.

Bounce In Basketball is part of the activities as a “small-sided” game it provides more opportunities to participate more often with new skills being taught each week and then allowing the skills to be used in gameplay.

The curriculum does not include prescribed and specific practice plans because each program will adapt to its participants. For example, a program that includes females who may have played basketball as children would be very different to a program with females who have never played a competitive “ball sport” or another sport altogether.

Basketball’s seven fundamental skills as recognised in the Basketball Australia coaching curriculum are:

1. Ball handling; 2. Dribbling; 3. Passing; 4. Catching; 5. Shooting; 6. Body movement and footwork; and 7. Defence.

Structure:

1) Welcome: Call all participants to huddle on-court with energy and engagement. Outline the objectives of the session and encourage all participants to work as a team

2) Body Movement Warm Up: An all-inclusive activity that includes body movement and co-operation such as stretching and light footwork

3) Drill 1: Brief introduction to skill without pressure or rules to learn basics before applying within a game.

4) Drill 2: Brief introduction to skill without pressure or rules to learn basics before applying within a game.

5) Drill 3: Brief introduction to skill without pressure or rules to learn basics before applying within a game.

6) Gameplay: Break into teams and play a game using said drills

7) Conclusion: Thank and remind all participants to come back next week and to bring a friend. This is also the final push to talk about joining the association and what you can offer.

Depending on the activity coaches will be giving players rules, teaching points or a combination of both. Before these are given the relevance of the basketball skill should be briefly explained to provide context. For example: rules give us safety and fairness (so we cannot run with the ball when we play basketball), and allow the coach to target specific learning outcomes. Teaching points are the key “cues” players need to be aware of when executing the skill.

When giving rules/teaching points coaches should be aware of the amount of information given. Most adults can remember three or four pieces of information: Give the players teaching points/rules alongside the demonstration for the activity to get it started. You can extend and advance the activity later after it has commenced.

Planning Sessions:

Dear Coach,

Thank you for your assistance in coaching at the Bounce into Basketball. Basketball NSW appreciates the time and effort that you are putting into delivering this Program. Without your assistance these programs would not be possible.

A quick note about the content in this program. As with the program, the content provided is a guide. Some Sessions you may get through all of the drills while other sessions you may not. Feel free to be flexible with the way you run the sessions you are involved with. Hopefully the drills will allow you to keep all athletes moving as much as possible.

All Sessions Should be fun and engaging for participants and should include:
Ball Handling, Passing, Pivoting, Shooting, and 1v1 Defense with competitive games/ drills throughout but ensuring this is FUN, not an elite environment.

Session Organisation

- Welcome Participants.
- Introduce Staff - BNSW and Volunteer Coaches
- Give 100% effort in everything we do & who have fun!
- Has everyone signed in and had their name marked off?
- As with school and sport being back there are a few things we need to make sure we do throughout the day;
    - Sanitize our hands before and after each session
    - Wipe down our basketball before and after each session
    - Use your own basketball where possible
    - Maintain 1.5 metres where possible in the sessions and during lunch.

Participants Responsibilities (Rules)

- Listen and try
- Meaning of the whistle (stop, look and listen)
- Injuries (report to coach)

Aim of the session is to

1. Learn from what the coaches tell you (LISTEN)
2. Learn and do the fundamentals well (HAVE A GO)
3. Enjoy the day through working hard (FUN)

B.I.B - Session Plan – Fundamentals and Competition (Beginners)

P.O.E: Fun while Learning Fundamentals and Competing

	Content **OUR VALUES** - **Have fun**	**Coaches Reinforce**
	Introduction – Staff, Expectations, How the day works, What coaches are looking for?	HAVE FUN WORKING ON YOUR SKILLS!
	Warm-up – *Have athletes get into pairs and spread out on both courts.*	Discuss warming up importance. We are looking for athletes to get in a sweat with a smile.
	'TOOTSIES' Place hands on each other's shoulders, partners will try to tag each other's toes with their toes, gaining a point for each successful tag. 1st partner to earn a 7 points win. **'KNEE-SIES'** Each pair of partners will now face each other in a defensive stance. Each partner attempts to tag each other's knees with their hands, gaining a point for each successful tag. 1st partner to earn a 7 points win. **'EARS'** One ball in each pair and in front of them on the ground. Pairs will stand shoulder to shoulder and listen to what the head coach yells out. I.e. 'HEAD!' (means touch head). When the coach says 'BALL!', the first person to snatch the ball earns the points. 	

<table>
<tr>
<td></td>
<td>Body Movement Fundamentals -
Have athletes spread out along the baseline, following the below exercises. The numbers below relate to how the drill should look in the image. Having all the athletes complete the same exercise can get the athletes to go up and back, then move on to the next exercise.

<u>Running Technique (#1)</u>
· Arms at 90 degree throughout, power from biceps
· High Knees
· Extend Out
· Lean Slightly Forward</td>
<td>We are looking to teach and develop their physical literacy. I.e. their ability to move their body efficiently.</td>
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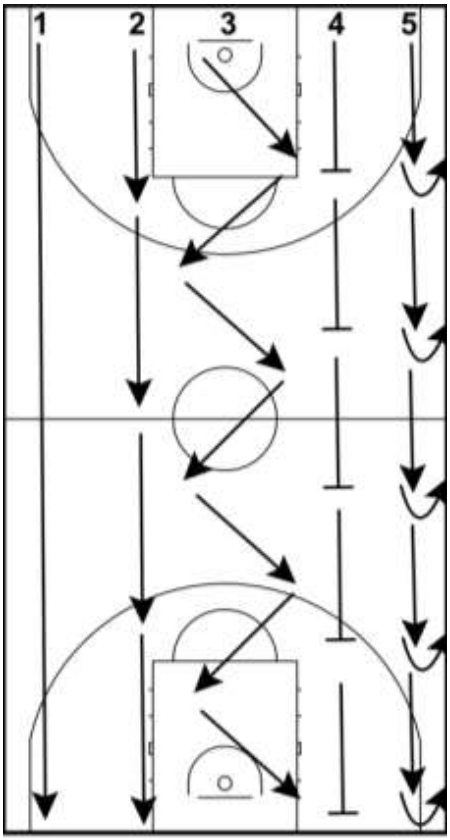
<td><u>Change of Pace (#2)</u>
· Slow to fast running
<u>Stutter Step (#2)</u>
· Succession of Short/Sharp Steps
· Stay low throughout
· Used for a Closeout on Defence or an Offensive Move
<u>Change of Direction (#3)</u>
· Running in a direction (right) for 3-4 strides
· Plant outside foot, turn hips then run diagonally to the left (repeat down the court)
<u>Jump Stop (#4)</u>
· Two foot stop
· Two feet land together
· Knees flexed bent
· Balls of the feet
· Heels up
<u>Stride Stop (#4)</u>
· Running Stop
· Can’t move back foot once established
· Lift front foot to take off and run again
· Knees Flexed
· Balls of feet, off your heels
<u>Pivoting Forwards/Backwards (#5)</u>
· Forward = Head first
· Reverse = Back first
· Stay low throughout
· Do not bounce
· Eyes at one level throughout
 
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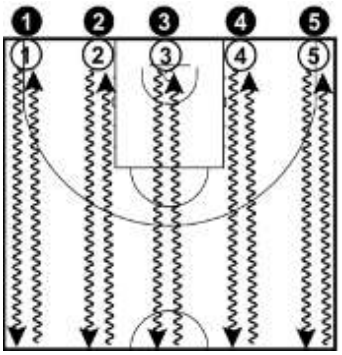
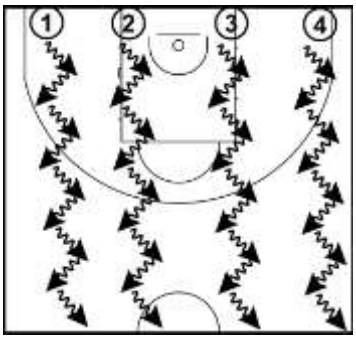
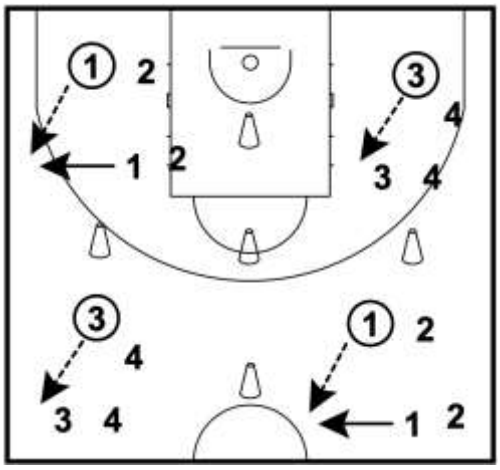
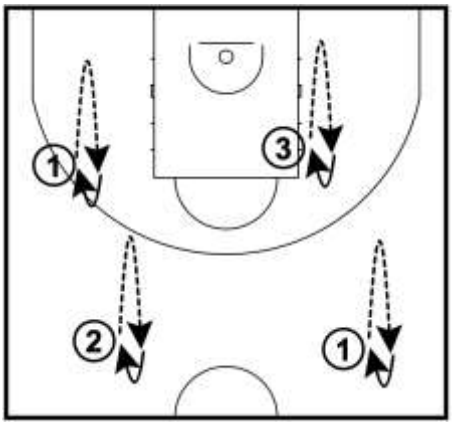
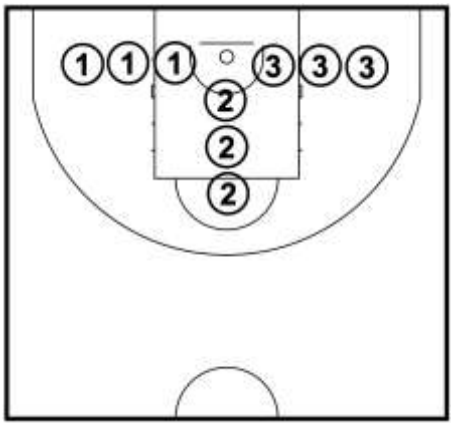
<td>Pair Handles -
In pairs and a ball each, players will handle their ball through different actions.

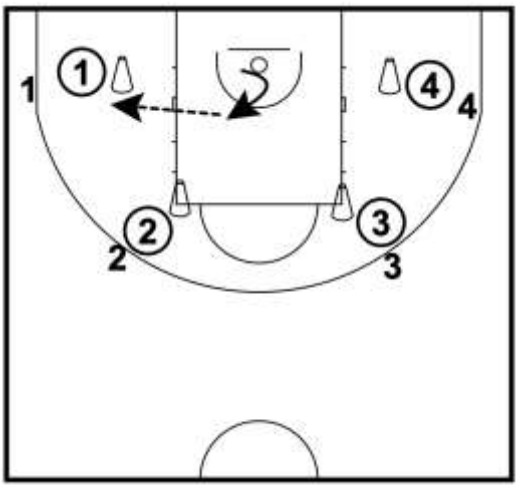
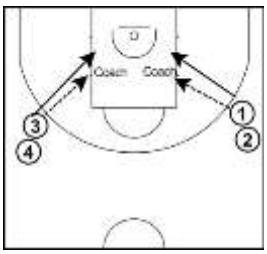
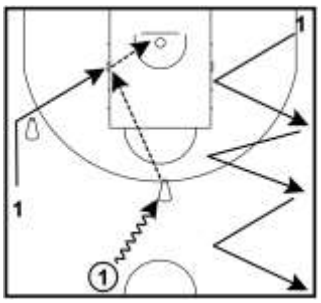
<u>Control Dribble & Play (Be Creative)</u>
- Partners who are waiting in line will dribble their ball under protection from coaches walking around. Players can also do ball wraps and different crossovers while waiting.
<u>Speed Dribble</u>
- Same as above however players now dribble as fast as they can pushing the ball out in front.
<u>Crossovers</u>
- Cover the floor by changing direction & quick feet:
 
</td>
<td>- Eyes up
- Dribble with finger tips & pads not palms
- Ball waist height

- Eyes up
- Dribble with finger tips & pads not palms
- Ball at waist height
Change of direction</td>
</tr>
</table>

	○ 1 bounce crossover ○ 1 bounce behind the back ○ 1 bounce through the legs ○ 1 bounce onside dribble - in n outs & hesitations ○ 1 bounce 3 dribble combination (moves from above, can't do same twice in a row) 	
	Pair Pivoting & Passing - *In pairs and one ball, pairs will spread out around the courts starting one behind the other. First partner will speed dribble for 2, jump stop, pivot and pass back to their partner who will do the same in a different direction.* <u>Pivots</u> - Right foot Forward - Right foot Reverse - Left foot Forward - Left foot Reverse <u>Passes</u> - Right & Left Hand push passes - Right & Left Hand bounce passes - Right & Left Hand pass fake, over the bottle, Pass - Over the head passes - Each partner with a ball at the same time, 2 speed dribbles, pivot, and one bounce pass and other chest pass. Reverse rolls. 	Push ball far out in front for Speed Dribbles Feet wide, hips low, stay low on jump stops Quick Pivots on toes- Hard flat passes Communication - 10 fingers ready on the catch - Ensure eyes are on the ball being passed to you
	4 Person Piggy in the Middle -	Step to pass Catch with **Hungry Hands!** Jump stop to catch

	In groups of 4, 3 people will form a triangle and 1 person will stand in the middle playing piggy in the middle. If the piggy touches the ball or has been in the middle for a long time, they will switch roles with someone in the triangle. <u>Passes</u> - Chest - Bounce - Fake - Overhead <u>Progressions</u> - Hot potato - make a decision in 3 seconds - Drops - automatic piggies - Catch and pass with one hand 	Pivot & pass fakes to find a pass
	2 v 2 Pepper Passing - *In groups of 4 and splitting up into 2 teams of 2, each team will attempt to complete 10 passes. Each pass = 1 point and they will play in a designated area.* <u>Passes</u> - Chest - Bounce - Fake - Overhead <u>Getting Open</u> - Change speed and direction into space to create space from your defender <u>Passer</u> - Pass away from the defence and MOVE! 	Jump stop to catch Pivot & pass fakes to find a pass Pass away from the defence Separate yourself from the Defence
	Shooting Technique - *Spread athletes around the boundaries facing inward each with a ball. Not shooting at the ring, shooting on the spot. Repetition of messages on Balanced feet, Middle of hand down middle of Ball and straight Follow Through.*	- Wide stance shooting foot slightly in front

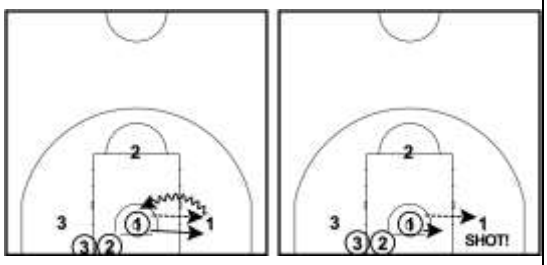
	<u>No Rim, Guide Hand Hover (i.e. one hand, guide hand next but not touching)</u> - Placing their index finger on the pump whole with spread fingers - Guide hand next to the ball but not touching - Player's will shooting the ball in front of them, making the ball spin back to them <u>No Rim, 2 hands on ball</u> - Placing their index finger on the pump whole with spread fingers - Guide hand introduced - Player's will shooting the ball in front of them, making the ball spin back to them <u>At Rim, Guide Hand Hover (i.e. one hand, guide hand next but not touching)</u> - Placing their index finger on the pump whole with spread fingers - Guide hand next to the ball but not touching - Player's will shooting the ball, aiming for straight follow throughs <u>At Rim, 2 hands on ball</u> - Placing their index finger on the pump whole with spread fingers - Guide hand next to the ball but not touching - Player's will shooting the ball, aiming for straight follow throughs <u>Balanced Feet</u> - Feet just wider than hip width apart and toes facing target - Slight stagger with shooting foot slightly forward   	- Thumbs T'd - 90 degrees in elbow - Wrinkles in your wrist - As above - Ball lift to below eyeline, so able to see the ring over the ball - As above - Locked elbow on follow through and snap wrist, with fingers spread. - Elbows to eyebrows on follow-through
	Shooting Footwork, Round the World -	- Low wide stance - Quick steps 1-2 - Wrist snapped back on catch - Catch low, finish high

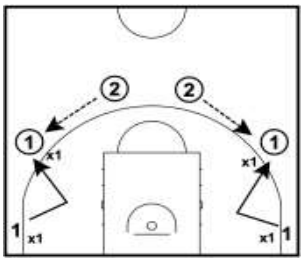
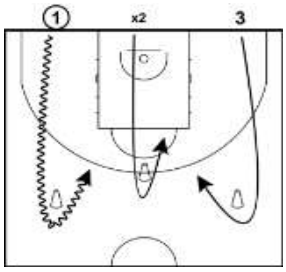
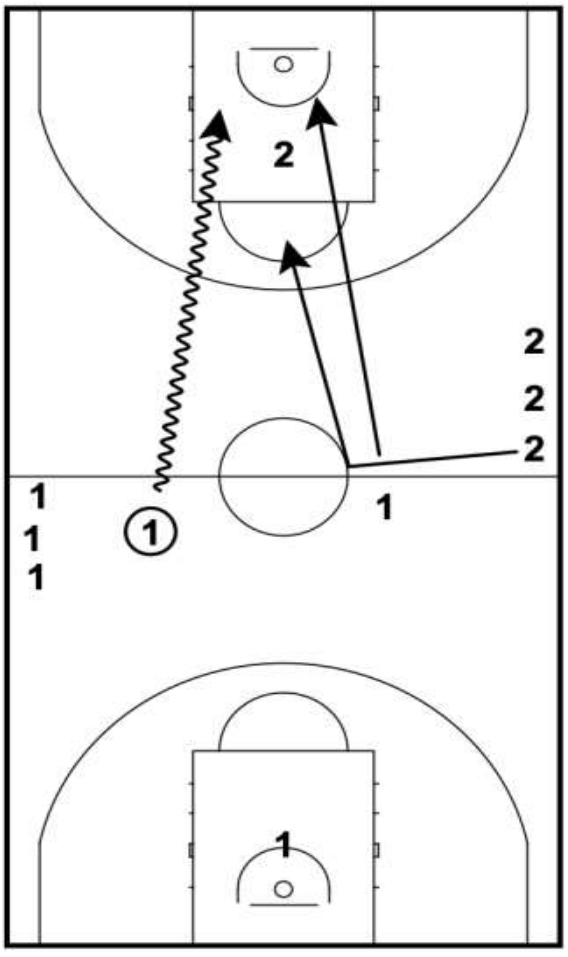
	In 4 lines around the mid-range and one ball at the front of each line, athletes will work on their footwork on the catch. Once a team reaches a score at their rim, that rim will rotate spots and commence right away. <u>Mid-Range Shot:</u> - Inside, outside footwork OR - Catch on the hop. Introduce both <u>Rebound & Pass:</u> - Catch high, keep high - Pivot away from the rim - Pass on target - Ball in the air, feet in the air <u>1-Dribble Pull-Up:</u> - Jab, dribble, Inside Outside 	- Long and strong dribble
	Bevo Layups <u>Breakdowns</u> - *Pass to coach and receive it back on the run for a layup.* - Athletes lined up on the sideline or baseline <u>Right Hand Lay Up</u> - Step outside, inside, out knee up & shoot <u>Left Hand Lay Up</u> - Step outside, inside, out knee up & shoot  <u>Layup on the catch</u> - *Lining up just inside halfway, players will now execute and layup on the sprint and finish with defensive footwork.* - Sprint dribble, jump stop, inside foot pivot and accurate pass to sprinter - Catch in the air, outside, inside, high & soft Defensive slides - *Both partners* 	- Correct - Footwork - Shoot with outside hand - Layup Footwork: Long jump, high jump - Finish high & soft - Defence: Big to bigger slides - Slide, Side run, Slide
	<u>Layup under Pressure</u> - *Player behind will now pass it and challenge the scorer without fouling. Switch roles and play 1 v 1 on the other side of the court back.* - Long and Strong dribbles out in front - Pressure without fouling 	

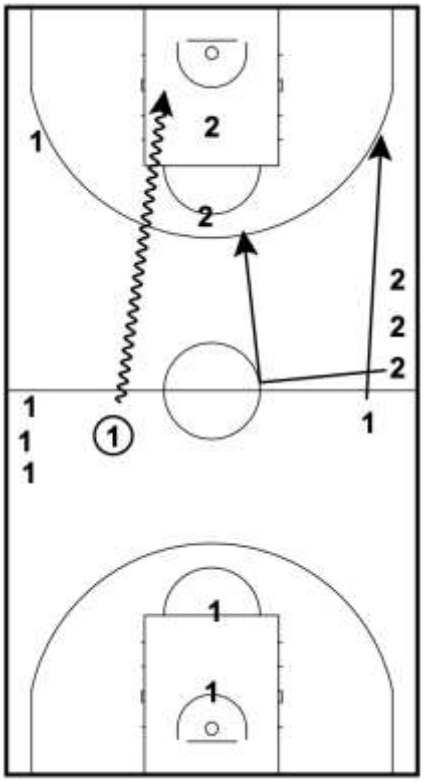
End of Session 1

B.I.B - Session plan - Decision Making & Mini-Sided Games (Advanced)

P.O.E: FUN while learning **FUN**damentals and Competing

	Content **OUR VALUES** – Have fun and have a go.	Coaches Reinforce
	Discussion – Reminder of what coaches are looking for? Transfer session 1 into session 2 Let's have FUN	FUN
	Warm Up Donkey's Tail - Groups of 4, 3 people in a huddle and 1 person standing on the outside - Person on the outside attempts to tag a designated tail in the huddle and the huddle works as a team protecting their **tail** from the **tagger**. - A successful tag results in switching over. ***Part 2*** - Tagger has a ball. 	- Work together - Switch on and stay away from the tagger.
	1 v 1 Valencia 1 v 1 - Player on the baseline with a ball will pass it to the O1 on the right. - On the catch, O1 will shoot. - The player who passed the ball will fill behind the shooter and take their place. - The person who shot will chase their own rebound and join the end of the line. - Rotation will move anti-clockwise. 	- Catch low, finish high - Inside, outside footwork or hop into the catch. - Hard flat passes - Don't waste your dribble.
	Part 2 - Player on the baseline with a ball will pass it to the O1 on the right. - On the pass, the defender will decide to stay where they are and defend in the key or closeout aggressively to the shooter. - **If the defender doesn't close out**, the offensive player will shoot. **If the defender does close out**, the offensive player will drive.  ***Part 3*** - Players will position themselves in the same spots and this time play 1 v 1 with 3 dribbles as a maximum limit.	- Catch and read the defence - Balance - Make a quick decision, **but don't rush!** - Catch balanced - Read the space - Attack the space

	Wing Catch 1 v 1 - *In groups and working in the quarter of the court, players will play 1 on 1 from the wing and work on getting themselves open.*  Offence: - Offence has 3 seconds to score - Playing for multiple scores - Play until defence gets it Defence: - Sprint or Slide, Wall-up & Box-out	- V-cut to get open - Be deceptive prior to your actions - Keep your nose in line with O's outside shoulder
	Advantage / Disadvantage - *Forming 3 lines on the baseline, the player on the outside will start with the ball and the defence will be in the middle.*  2 on 1 Chaser Drill - Same as above drill with extra offensive players.. - Player 1 will dribble around the cone (outside to inside), then attack through the elbow. - Player X2 will run around the cone then hold a position in the key, hedging between both offensive players to try and cause confusion or get a deflection - Player 3 will run around the cone (outside to inside) then attack towards the block to receive a pass from their team mate. - Player 1 has 3 decisions 1. Lay-Up if driving lane open 2. Pass if defender guarding the ball 3. Jump Shot inside the key if the defender is hedging between both offensive players	- Attack with speed - Eyes on the ring - Use dribble move to shift defense - 3 decisions to choose from: Score, Pass or Shoot - Contain ball - Ball, Me, Basket - Show hands, use chest to take contact - Create confusion
10min	**2 v 1 + 1 Continuous -** *Playing in the full-court and 2 even teams, the game will start with a 2 v 1. An additional defender will come in, touch the centre-circle and help their teammate play defence. Play first team to a score.*  Offence: - Offence will aim to score before the 2nd defender catches up - Defence takes away driving lane: pass - Defence takes away passing lane: Drive - Defence sags back, shoot - teammate in rebounding position. Defence: - Hedge - Hand fake the driving lane and passing lane. - Box-out on the shot, avoid ball-watching.	- Be aggressive with the ball - Space the Floor - Create panic with active feet and hands.

15min	**3 v 2 + 1 Continuous -** *Very similar to above, players will now add an additional offence and defence. Play to a certain score.* <u>Offence:</u> - Offence will aim to score before the 3rd defender catches up - If you don't have the ball, space the floor - Ball through the middle or up the lane <u>Defence:</u> - Guard ball and basket until teammate catches up - Basket > Ball, Ball > Basket  	- Push the ball, dribble is fast, pass is fastest. - Communicate ball and basket. - Match-up on Catch-up
	3v3 Half Court, 3 v 2 + 1 Half - *With 3 lines on the baseline, players will play a 3 v 3 with a catching up defender. Defence will start by passing it to the closest offence and sprint to halfway, offence will reverse the and play live once the furthest offence catches the ball.*	- Be aggressive with the ball - Find open teammates - Find a great shot!

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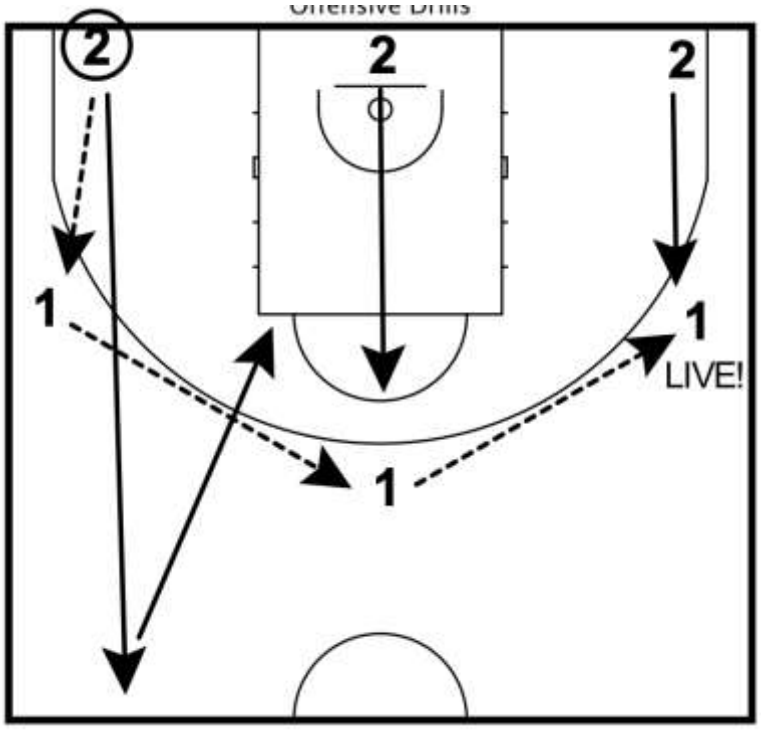
Offence:
- Rule #1: Pass, cut, replace, then sprint to space
- Rule #2: Denied, Back cut
- Rule #3: Dribble at me - back cut or handoff
- Rule #4: Drive to score and space the floor.

Defence:
- Communicate ball, basket and match-ups
- Jump to the ball on passes
- Weak side on split line
- Box out on shots
- Pressure the ball in scoring range.


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<td>
- Stay between the ball and basket
- Communicate
- BOX OUT on the shot!
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Scrimmage -

3v3 Halfcourt Continuous
- Evenly distribute the junior athletes into halfcourts
- Each team will line up on the halfway line
- The first 4 people from each line will play a 3 v 3 match until a score, steal or rebound.
- On a score, rebound or steal the team that was defending will become the new offence and aim to get the ball successfully to the new 3 people waiting at the front of the line.
- The idea of these scrimmages is to allow more players to be involved and transition from one thing to another.
- Rotation: Offence > Defence > Off.

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- Encourage skills learnt today
- Passing
- Dribbling
- Shooting
- Layups
- Defending the ball
- Spacing
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	Shooting Games
	- Finish off on some fun competitive games, happy for coaches to decide ensure it has a time and score but also allows lots of athletes to be involved not standing around.
	- If not here are some examples;
	  ○ Titan Shooting Drill
	  ▪ First to 30 or 3minutes who has the highest total
	  ○ Contested Lay Up Drill (above)
	  ○ Shooting Knock Out
	
	<u>23 Cones Team Shooting Drill</u>
	Players start shooting on the coach's whistle.
	
	On every make by a team, the person who shoots must rebound the ball and pass it to the next person in line, then they are 'rewarded' by sprinting to the other end of the floor and get the opportunity to shoot a three-pointer to win a cone for their team.
	
	The player only gets one attempt. If they miss, they get nothing and return to their group. If they make it, they get to collect a cone for their group.
	
	The player then places the cone in their teams 'safe-house' near their line and joins the end of the line.
	Scoring System:
	The team with the most amount of cones at the end of the game wins!
	
		- FUN

End of Session 2

Engagement:

Depending on the facilitator and or local program manager, the target market can be skewed to meet the local demands and demographics. This could range from a “Mums & Bubs” group, or targeted to females that feel like they are too young to participate in Walking Basketball but still want a social aspect and a game-like environment.

Follow Up:

At the completion of the 4-6 week program participants will need to complete a survey. The survey is to address “did they learn new skills, was it judgement free, do they want to continue into another program/play competition”. This is data that needs to be collected to assist BNSW and your association in creating more female focused programs and facilities.

Remember the main goal of the program is to feed more females into a structured competition or team to keep them involved in the sport.

#HerSportHerWay:

The Office of Sport’s Women in Sport Strategy, Her Sport Her Way (2019-2023) aims to build a stronger sport sector where women and girls are valued, recognised and have equal choices and opportunities to lead and participate. It provides a clear role for the NSW Government to work with the sector and new partners in innovative ways to shape the future of women’s sport.

Her Sport Her Way builds on the momentum in women’s sport and looks through a female lens at the way that sport in NSW is delivered, coached, marketed, led, sponsored and consumed.
Featuring 29 initiatives across four strategic pillars of participation, places and spaces, leveraging investment, and leadership - Her Sport Her Way seeks to increase women’s and girl’s participation as players, leaders and coaches, improve facilities, and attract more investment and recognition for women’s sport.

Her Sport Her Way is a key action under the whole-of-government NSW Women’s Strategy 2019-2022.