

MINI HOOPS COACHES GUIDE



Mini hoops

Mini hoops is an SA Country supported, fun and enjoyable introduction to basketball for participants aged between 5-10. Coaches and players involved have access to all SA Country resources for development and engagement purposes.

The Mini Hoops program falls under 'foundation' level basketball as it is a skills-based training program without an official competition. Foundation basketball is followed by 'community' level basketball with different programs, competitions, and events such as the CADP and u13s development camps.

This program is a sustainable framework for player and coach development as it is led and maintained by the association directly and supported by SA Country Basketball. The cost and session duration can be decided by the organising association. **All programs must be registered with SA Country in Gameday. Players MUST register (no cost) to be insured with SA Country Basketball.**

The 9-week curriculum includes one 45-minute session per week and there are 2 recommended program structures:

1. Sessions will consist of 20-30 minutes of practice, followed by a formally coached 15-minute game. MH1 requires a coach to player ratio of 1:6, allowing for each team of six to be coached during scratch match games at the end of the session. Week 9 will be game play with all players. **This is the most recommended program for player and coach engagement, development, and sustainability.**
2. Run at a coach to player ratio of 1:10 whereby 1 coach can monitor the game play and address all players during the scratch matches in a generalised manner. Week 9 will be multiple small-sided games for engagement. Overall, this style of program is less intimate for coach-to-player development, and only using one coach can be less sustainable for the association in the long run.

The purpose of the Mini Hoops curriculum is to act as basketball entryway for players and coaches. Mini Hoops aims to teach players and coaches the basics of basketball in a fun and engaging manner. It is important that Mini Hoopers enjoy their time in the program as it will encourage them to return to basketball or continue their involvement as they move up in age. Mini Hoops coaching can also be used as a means of development for junior players.

In this booklet you will find multiple drills and their descriptions, as well as an example Mini Hoops block with 8 training plans.

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DRILL BANK

The following pages contain fun drills and games to incorporate into your training. These will later be referenced in the training plans.



Hopscotch

Purpose: To activate and enhance self-movement and awareness of body position (Proprioception). As well as activating auditory processing through verbal cues.

Method: Players along base or **side-line**, coach calls out a pattern using the numbers 1 (1 foot) and 2 (2 feet) e.g. '1, 2, 1, 1'. Players then either hop or jump forwards following the sequence.

Beginner: Say one number at a time and players must react to each individual number instead of a combination of numbers.

Advanced:

1. While dribbling
2. Two players face each other and must hop or jump to the sequence while passing to their partner.

Over under line jumps

Purpose: To activate and enhance self-movement and awareness of body position (Proprioception). As well as activating auditory processing through verbal cues.

Method: Players stand behind a line on the court and as the coach says 'over' or 'under' they must jump forwards or backwards. Get creative and increase engagement by making it a competition. Eliminate every player who doesn't follow the correct instruction. Last man standing

Advanced:

1. Hopping on one foot
2. Jumping sideways

Hell

Purpose: Increase heart rate and engagement/ enthusiasm and introduce ball handling in an open environment.

Method: Two teams, one in each corner of the **baseline**. One person from each group dribbles as fast as they can around the outside of the court, when players meet, they 'rock, paper, scissors' and the winner continues while the loser sits on the spot and a new member of their team dribbles around the court to approach the opposition team member. If somebody from your team runs past you, you are free to return back to your team. First team to reach the other teams base wins, or first team to have no more players loses.

Advanced:

1. Must use non-preferred hand to dribble

Simon Says

Purpose: Activate **auditory processing** through verbal cues. As well as have fun and increase engagement/ enthusiasm.

Method: Coach uses 'Simon Says' before an instruction e.g. dribble, shoot, put the ball on the floor, wrap the ball around your waist. Players must follow instruction unless it is said without 'Simon Says at the beginning e.g. 'Simon Says dribble' vs 'dribble'.

Beginner: Moves without the ball

Advanced: Crossovers, behind the back or between the legs.

Simon Says Defence

Purpose: Activate auditory processing through verbal cues. As well as have fun and increase engagement/ enthusiasm.

Method: Use terminology to instruct players to perform defensive movements e.g. slide left/ right, block the shot (jump), **fast feet**, mini sprint. Players must follow instruction unless it is said without 'Simon Says at the beginning e.g. 'Simon Says dribble' vs 'dribble'.

Advanced: Incorporate drop step

Body wraps

Purpose: To activate and enhance self-movement and awareness of body position (Proprioception).

Method: Players stand on the spot and roll the ball in a figure 8 around their legs. Once comfortable, advance to the waist.

Beginner: Follow figure 8 around players legs.

Advanced: Knee, waist, or head wraps without using other body parts

Musical statues

Purpose: Activate auditory processing through verbal cues. As well as have fun and increase engagement/ enthusiasm through music.

Method: Players must dribble around the court and stop when the music stops. Any player who loses their ball or doesn't stop when the music does is eliminated.

Advanced:

1. Try and knock peoples balls out at the same time. Eliminated if moving when the music stops or if you lose control of your ball.

Red light green light

Purpose: Activate auditory processing through verbal cues and introduce ball handling in an unrestricted environment.

Method: All players start on the baseline with a ball, coach calls either green light (go) or red light (stop) players must listen to the verbal cues and react accordingly. Elimination can occur when players don't follow the correct instruction.

Advanced:

1. Eliminate the last person to reach the baseline each time. This encourages game paced dribbling

Cat and Mouse

Purpose: Improve agility, increase heart rate and increase engagement/enthusiasm.

Method: For cones forming a square. Two players, each at a cone that faces diagonal to one another. When coach calls go, the cat must chase the mouse around the outside of the square. When the coach calls switch, players must change rolls.

Beginner: No balls. This introduces the game with minimal layers and helps create an understanding of purpose or tactics.

Advanced:

1. Give both cat and mouse a basketball

Dribble Chasey

Purpose: Defending and attacking with a basketball.

Method: All players dribbling and moving around a **restricted** area. Players must try and protect their ball while knocking away other peoples. No standing in the same spot. Players that lose their ball or go outside the allocated area are eliminated. When players are eliminated they can stand on the perimeter and try and knock others balls away, without entering the allocated area.

Advanced: Minimise the area to increase pressure and difficulty

All over red rover

Purpose: Get from point A to point B while protecting the ball.

Method: All players except 1 have a ball on the baseline and try to get from one end to the other without getting tagged by the one person who is standing in the middle of the court without a ball. The person in the middle of the court calls on people of any description e.g. 'red rover I call over, everyone wearing black shoes' and those wearing black shoes run over, followed by the rest once they cross the half way line. 'Red rover all over' means everybody runs. Once you get tagged you put your ball down and join the middle person/ people.

Beginner: Instead of building onto the people in the middle, rotate so that there are only ever 1-2 players chasing.

Advanced: Half court perimeter to increase difficulty as there is less space to manoeuvre.

Matador

Purpose: Improve ability to crossover and dribble with one hand.

Method: Two players face each other on either sideline, both with a ball in the same hand. On coaches call, players approach split line, crossover, and continue through to the opposite sideline.

Beginner: Regular crossover

Advanced: Between the legs, behind the back, regular crossover double, retreat dribble into crossover etc.

1, 2, 3, 4 Cones

Purpose: React to cues and improve ball handling in either a competitive or leisurely environment.

Method: Players line up along the baseline with 4 cones in front of them (each) the closest cone represents number 1, and the furthest; number 4 (you can also use 3 cones and have number 4 as a layup at the opposite ring). As the coach calls a number, players must dribble out and around the cone, then back again.

Advanced:

1. Eliminate the last player to return to their base on each run.

Piggy in the middle

Purpose: Passing under pressure.

Method: Two players face each other with one person between them; the defender/ 'piggy'. Players must try to pass above or around the piggy without it being **intercepted** or touched. A bad pass, intercept or if the offence takes too long to pass will result in a turnover and rotation from offence to defence.

Advanced:

1. Must dribble in between catching and passing again

Partner Passing

Purpose: Understanding the basics of passing and catching. E.g. stepping into the pass, forming a W with your hands to catch the ball, passing within the strike zone (above the waist and below shoulders)

Method: Partners face each other 3 metres apart and make passes within their partners strike zone. A 'first to' competition puts pressure on players and will help increase difficulty.

Advanced:

1. One handed passing
2. Extend distance between partners
3. Dribble before passing

Pass Tag

Purpose: Emphasize **spacing** to make passes with defensive pressure.

Method: Two teams within the half, offence must reach a set number of passes to win. If the ball is intercepted, touched or stolen by the defence – offence becomes defence and defence become offence.

Beginner: Increase the area or have more offence than defence, running for a set time each team rather than switching roles each turnover.

Advanced:

1. Minimise the area

Cone Passing

Purpose: Encourage spacing and movement without the ball.

Method: Have a few extra cones to the number of players e.g. 8 players and 11 cones. After a player passes it to somebody they must run to a free cone.

Advanced: Add defence and set a target score.

Diamond pivots

Purpose: Using **pivots** to find an advantage or better pass.

Method: Players make a diamond shape with 1 person in the middle (with ball). Diamond can be marked with cones. Player in the middle must pivot forwards or backwards to pass to somebody new each time. Can add a time limit to see who can make the most passes without passing to the same person twice in a row.

Advanced:

1. Add a defender who can only guard one 'receiver' at a time.
2. Allow defender to run free

Line Shooting

Purpose: Practice shot **form** and accuracy with no defence.

Method: Players stand with a foot on either side of the base or sideline and shoot the ball in the air, trying to get it landing on the line in front of them. 1 point per line hit.

Hopscotch Shooting

Purpose: Practice footwork and shooting out of a jump stop.

Method: Player jumps with ball in their hand, lands with 2 feet then shoots. Layer this drill but stepping and dribbling at the same time, THEN landing on two feet to shoot.

Beginner: No dribble

Advanced: 1-2 dribbles into a jump stop.

Titanic

Purpose: Fun! Shooting competition

Method: Two teams with 2 balls each, lined up anywhere around the **keyway**.

Shoot, get your rebounds and pass back to the line. If you miss you wait on the baseline 'on the ship' once all players are 'on the ship' the titanic sinks. If you make the shot you are safe to re-join the line and save somebody on the ship. The last man standing can save everybody on the ship.

Bump

Purpose: Fun! Shooting competition

Method: Players in a line from the foul line, 2 people with a ball each at the front. The first shot must be taken from behind the **foul line**, every shot after that can be from anywhere. After the first shot, the player behind can take their shot. If the player from behind gets it in before the player in front, the player in front is eliminated.

Elimination

Purpose: Fun! Shooting competition

Method: Players in a line from the foul line, 2 people with a ball each at the front. The first player shoots one shot only. If they make it, they are safe and join the back of the line. If they miss and the player behind them scores, they are out. If the person from behind misses as well, the person in front is safe.

Rob the nest

Purpose: Fun! Shooting competition

Method: Two teams at each end with 4-6 cones on each 3pt line. Each team must either lay the ball up or shoot from anywhere around the keyway (same spot for everyone) on a make, the player must run to the opponents nest, steal a cone and bring it back. Continue until one team has collected all cones.

Golden Child

Purpose: Fun shooting competition

Method: One team line up on the foul line, one team in the corner. On the coaches call, a player from the corner team runs around the sideline, halfway line and back to their starting point. If at any point the shooting team scores, the runner must stop and the next person from their team runs the same route. The golden child is the last person from the running team who has the chance to save everybody as they run past them. Count how many people make it back and that is their final score. If the golden child gets stopped the team is eliminated. Swap roles.

TRAINING PLANS

The following (30 minute) training plans refer to the games and drills from the drill bank. These plans are a guide and can be used however you like. If you do use them, make sure you take the time to write notes and familiarise yourself with each game and drill before your trainings!



Week:		
Time	Drill	Notes
2	Over/ under line jumps	
2	Hell	
2	Red light/ green light	
DRINK		
4	Partner passing	
4	Piggy in the middle	
DRINK		
2	Line shooting	
5	Team shooting on block	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
2	Simon says defence	
2	Body wraps	
5	Dribble chasey	
DRINK		
Set up cones for next drill (1 extra cone to number of players)		
5	Cone passing	
2	Line shooting	
3	Titanic	
5	Team shooting challenge	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
5	Hell	
2	Musical statues	
2	Red light/ green light	
DRINK		
5	Pass tag	
5	Simon says	
2	Bump	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
5	Hell	
4	All over red rover	
DRINK		
7	Layups - Teach the skill - Competition with other teams	
5	Shooting comp	
DRINK		
2	Partner passing full court	
4	Piggy in the middle	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
2	Over under	
2	Body wraps	Have another coach set up cones for next drill
5	Cone passing	
5	Dribble relay in teams	
DRINK		
5	Catch and shoot comp	Set up cones for next drill
5	Rob the nest	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
2	Musical statues	Only use one half so the cones for the next drill can be set up by a coach in the other half.
5	1, 2, 3, 4 cones	
DRINK		
2	Partner passing	
5	Pass tag	
DRINK		
5	Matador	
2	Bump	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
3	All over red rover	
3	Sideline to sideline 1v1	
4	1v1 from halfcourt (defensive focus)	
DRINK		
4	Piggy in the middle	
5	Layups and jump stop shots	
DRINK		
5	Golden child	
SCRATCH MATCH		

Week:		
Time	Drill	Notes
2	Over under	
2	Red light/ green light	Only use one half so the cones for the next drill can be set up by a coach in the other half.
5	Cat and mouse	
DRINK		
2	Defensive Simon says	
5	3pt 1v1	
DRINK Set up cones for next drill		
5	Rob the nest	
SCRATCH MATCH		

TERMINOLOGY

Assist: When a player passes the ball to someone who scores after receiving the pass. The passing player 'assisted' the shot.

Auditory processing: Processing a message delivered through sound e.g words/ sentences/ phrases.

Backboard: The rectangular piece of wood or fiberglass the rim is attached to.

Backdoor: An offensive action in which a player cuts behind their defender toward the basket.

Bank Shot: When a player shoots the ball, and it bounces off the backboard and into the hoop.

Block (action): Stopping an offensive player from making a shot by blocking the ball with his or her hand(s).

Block (area of court): The area just outside of the key in which the rectangular blocks are painted.

Box Out: When a shot goes up, players position themselves in front of their opponent, using their body as a barrier to stop the opponent from getting the rebound.

Centre/ 5/ big man/ post: Usually the tallest players on the floor. The centre usually scores "down low", or "in the paint" and are typically skilled at gathering rebounds, contesting shots and setting screens on outside players.

Charge: When an offensive player with the ball runs into a stationary defensive player and knocks him or her over.

Close out: To quickly get to an open player and contest the shot.

Cut: Moving away from your defender without the ball, either towards the basket or towards the player with the ball.

Denial: One pass away from the ball, playing defence with one hand in the lane to 'deny' the pass.

Double Dribble: This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again.

Drive: To attack the basket/ moving with the ball to create a closer scoring option.

Elbow: The area of the court where the free throw line meets the side of the key.

Euro step: A misdirection move where the first step is the opposite direction to the second step.

Fast Break: An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.

Floater: A high release shot that is used to get over taller players.

Free Throw: A free shot given to a player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.

Help defence: Defence that plays off their player and covers the lane to help defend if the ball carrier beats their defender.

High post: Posting up along the foul line/ elbows.

Jumpshot: To shoot the ball in the air after jumping off two feet.

Jumpstop: To land with 2 feet at the same time.

Key: The painted area that makes up the free throw lane. Also referred to as the paint.

Lane: The path between a player and a target e.g. you and the basket.

Lay-Up: A shot taken close to the hoop, usually when a player is moving toward the basket.

Man-to-Man: A defensive strategy in which each player on the defensive team guards one person on the opposing team.

Outlet: An offensive strategy in which a player who gathers a defensive rebound pass to a teammate to quickly begin the next possession.

Paint: The painted area that makes up the free throw lane. Also referred to as the key.

Pivot: Moving around with one foot, while the other foot must stay on the floor.

Point guard/ 1 man: Typically, the team's best ball handler and passer. They usually are very fast and are good at driving

Post: The area just outside of the key in which the rectangular blocks are painted. Also referred to as the block.

Post Up: An offensive strategy in which a player gets the ball in the post area with his or her back to the basket.

Power forward/ 4 man: often the team's most powerful and dependent scorer, being able to score close to the basket while also being able to shoot mid-range jump shots

Press: A defensive strategy where the defenders guard the opposing team the full length of the court instead of waiting for the offence to get to the other end.

Rebound: When a player from either team retrieves the ball and gains possession after a missed shot.



Restricted

Screen: An offensive strategy in which a player without the ball stands in the way of a defensive player. The offensive player must remain stationary during the process, or a moving screen will be called, and the result will be an offensive foul and a turnover.

Shooting guard/ 2 man/ wing: Besides being able to shoot the ball, shooting guards tend to be the best defender on the team, as well as being able to move without the ball to create open looks for themselves

Small forward/ 3 man/ wing: considered to be the most versatile of the main five basketball positions. Small forwards have a variety of assets, such as quickness and strength inside. One common trend among small forwards is an ability to draw fouls by aggressively working to score close to the basket/ in the paint.

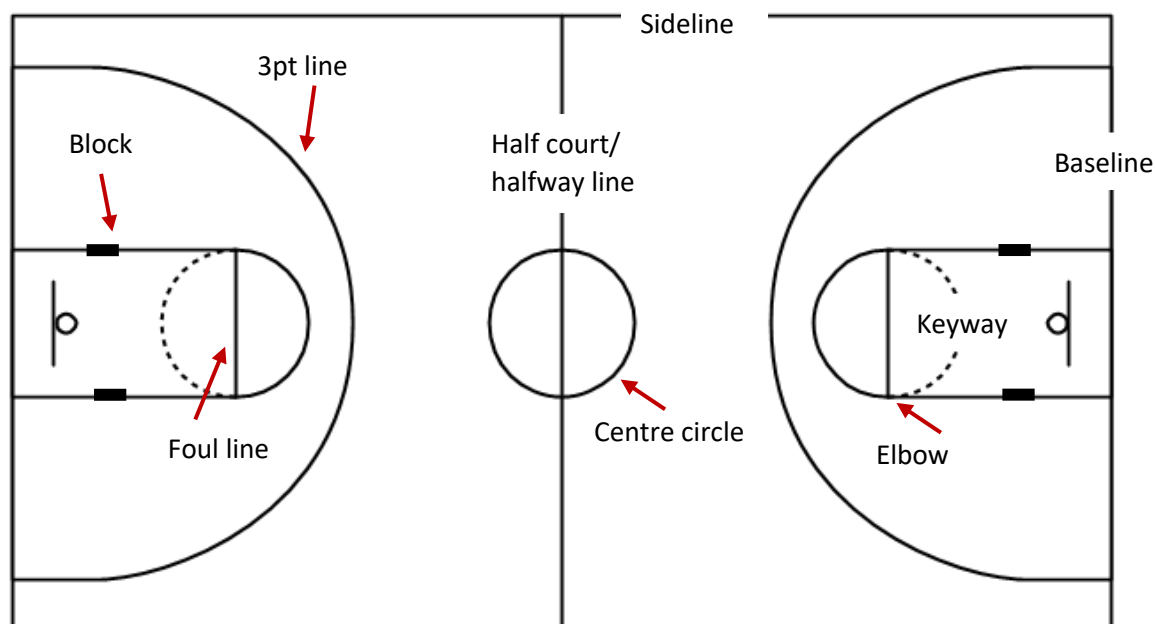
Three in the Key: A penalty, which results in a turnover, where an offensive player stands inside the key or the paint area for three seconds.

Travel: A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally or takes three steps without dribbling the ball.

Turnover: When the offensive team loses possession of the ball by way of an offensive foul, steal or out-of-bounds violation.

Violation: Breaking the rules e.g. travel, foul, double dribble, too long in the key.

Zone Defence: A defensive strategy in which players guard a specific zone or area of the court instead of a specific player on the opposing team.



RESOURCES AND CONTACTS:

Visual drill bank: YouTube > SA Country Basketball

Participant activity booklet: SAC Website or contact SAC Community Development Manager.

Warm ups and injury preventions: YouTube > SA Country Basketball & SA Country Website (Document)

For coach and player development, guidance, or general queries, please contact SA Country Community Development Manager:

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For GameDay program set up or registration queries, please first contact your association. If you need further assistance, reach out to SA Country Basketball and we will be happy to help!

