

**GAME
READY**

U8's and U10's (45 minutes)

Guidelines

- Remember to watch the instructional videos provided for each drill (click the title of the drill)
- If you have questions about the session please ask coaches or email programs@fdb.com.au
- Print this session plan or keep it open on your phone/tablet to refer back to during the session

Equipment

- Basketball
- Enough space to move around freely (minimum 4m X 4m)
- Appropriate clothing – participants wearing domestic team uniform
- Drink bottle
- 8-10 cones or objects to use as cones
- 3-5 rolls of toilet paper
- Bluetooth headphones/speaker
- Tablet (preferably) or phone with Zoom installed and signed in

Zoom Links

- [Game Ready - U8's](#)
- [Game Ready - U10's](#)

Glossary of Terms

- **Dribbling:** The act of bouncing the ball in to the ground repeatedly enabling you to move freely around the court
- **“Dogs Paw”:** Relaxed finger tips and wrist, timing the movement to absorb impact of the ball and gently push the ball back towards the ground
- **“Sit on an imaginary toilet/chair”:** A fun and simple way to get a players to “sit” in to an “athletic stance”
- **Triple Threat:** A position similar to “athletic stance” but holding the ball at your hip on the same side of your preferred hand ready to shoot, dribble or pass

Focus Points and Objectives

- Create a fun learning environment for the kids
- Get kids active, outside and enjoying sport
- Build children’s knowledge of basketball
- Start to teach the fundamentals of ball handling AKA “Dribbling”

Warm Up	5 minutes
High Knees X 10m, Run Backwards X 10m, Lateral Sideways March X 10m each leg, 1 Foot Hop X 10m, 2 Foot Hop X 10m 30 seconds each	

Fundamentals of Ball Handling	5-10 minutes
Equipment: Basketball and 2m X 2m space Purpose: To teach the fundamentals of dribbling a basketball Instructions <ul style="list-style-type: none"> • Control dribbles L&R, low dribble L&R, crossover dribble L&R X 30 seconds each • Teach the players to use their fingertips • Encourage them to develop both hands equally • Encourage players in to a proper athletic stance - knees and hips bent like a “seated” position 	Coaching Cues <u>“Dogs Paw”</u> – Players can often have difficulty understanding this movement and over correct the fingertips instructions, have them mimic the movement a dogs paw makes and encourage them to time this with the movement of the ball <u>“Sit on an imaginary toilet/chair”</u> – Kids love this and it helps get them to bend their knees and hips in order to stay in an “athletic stance”
Challenge <ul style="list-style-type: none"> • Have the player count how many dribbles they can achieve in a row • Have the player count how many dribbles they can get on each hand in 30 seconds 	

Farmers Gates	5-10 minutes
Equipment: Basketball, 8-10 cones and as much open space as possible Purpose: To help with spatial awareness, vision and gives kids a chance to apply their new skills to a game	Coach Continue to focus on technique but allow the player to experiment with changes in direction and figure out the movement of the basketball as they move around and navigate through cones Cues This game will force the player to keep their eyes up but still encourage them to keep, you will notice they will drop their eyes immediately after passing through a “gate”. Encourage them to plan their path to the next gate as they are passing through to help work on decision making
Instructions <ul style="list-style-type: none"> • 2-3 games of around 30 seconds to a minute, each time add rule or instruction • Lay out 5 pairs of cones roughly a metre apart, these pairs of cones will form the “gates” • Have the player start with their basketball at a random position between all of the “gates” • Call them to start the game by dribbling the ball and navigating through as many “gates” as possible • Run the game for 30 seconds to a minute and record how many “gates” they are able to run through 	
Challenge <ul style="list-style-type: none"> • Have the player keep their score and attempt to beat it each time • Award bonus points for dribbling through a “gate” with their non-preferred hand • Award bonus points for performing a crossover dribble before dribbling through a “gate” 	

The Red Light Game		5-10 minutes
Equipment: Basketball and 4m X 4m space Purpose: To challenge the players ball handling and reactive skills	Coaching Cues <u>"Dogs Paw"</u> <u>"Fingertips"</u>	
Setup <ul style="list-style-type: none"> • 2-3 games of around 30 seconds to a minute, each time add rule or instruction • Have the player start in an open space ready to start dribbling • Use the cue "Yellow Light" to signal them to start walking while dribbling, the cue "Green Light" to signal them to start jogging and the cue "Red Light" to signal them to stop 		
Challenge <ul style="list-style-type: none"> • Introduce the cue "Orange Light" to have the players dribble walking backwards • On the cue "Red Light" teach them to stop in a "triple threat" position 		

Game Ready "Olympics"		10 minutes
Equipment: Basketball, 3-5 rolls of toilet paper, cones/markers, and 4m X 4m space		
Purpose: To challenge the players ball handling and physical skills		
Instructions <ul style="list-style-type: none"> • Spend around 2-3 minutes on each of the games below • <u>Speed body wraps</u> – Legs, waist, head X 10 and Figure-8 X 10 FIRST PERSON TO PRESS THUMBS UP EMOJI WINS! • <u>Toilet paper high jump</u> – Challenge the kids to see how many rolls they can jump • <u>Chest pass "long throw"</u> – Have them start at one cone and throw the ball as far as they can, measure the distance with a cone and then finally measure with their feet 		

Warm Down and Review

5 minutes

Warm Down

- Static stretches (lightly hold 5 seconds each leg): calf, quadriceps (front thigh), hamstrings



Long Calf Muscle

Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



Short Calf Muscle

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



Front Thigh

Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



Hamstring

Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the leg.

Review and Goal Setting

- Did you have fun? What was your favourite drill/game?
- Can you remember one important point about the technique of dribbling a basketball?