

PRO



**KIWI
HOOPS**

KIWI HOOPS **PRO** PROGRAMME

For more information visit the Players section of our website www.basketball.org.nz

BASKETBALL NEW ZEALAND – KIWI HOOPS PRO PROGRAMME

BASKETBALL NEW ZEALAND KIWI HOOPS – SUMMARY

Kiwi Hoops is the Basketball New Zealand junior basketball programme. It uses basketball activities and games to provide fun and enjoyable learning and participation experiences for young people from 5 to 13 years of age.

It provides coaches, teachers, parents, volunteers and administrators with a systematic and consistent approach to the development of players. Most importantly, it is great fun for everyone!

Kiwi Hoops has four stages aligned to the following school years:

Bounce: ages 5 to 7 or Year 1 and 2

Mini: ages 7 to 9 or Year 3 and 4

Pro: ages 9 to 11 or Year 5 and 6

All Star: ages 11 to 13 or Year 7 and 8

The structure, focus and format changes at each stage based on the developmental needs of the players.

Kiwi Hoops is based on modified games and activities that provide fun and success for everyone. It's designed to meet the needs of young players while keeping the essence of the game.

Movement and fun are the focus for the first two stages, Bounce and Mini. Young players need to develop the ABC's of athleticism, agility, balance, coordination and speed to build a sound platform for learning and developing basketball skills. They are introduced to simple skills through modified games and activities.

- **Bounce** – the focus is on developing the ABC's through fun and inclusive modified games and activities.
- **Mini** – young players continue to develop the ABC's and are introduced to basic fundamental and basketball skills through fun and inclusive modified games and activities.

Learning skills, strategies and tactics are the focus for the next two stages, Pro and All Star. These are often called the “skill hungry years” with extensive research showing it is a critical phase for motor development. Children are developmentally ready to acquire fundamental movement and fundamental sport skills that are the cornerstone of all athletic development.

- **Pro** – young players learn and develop fundamental basketball skills and general concepts through modified games and activities in a fun inclusive way.
- **All Star** – young players further develop basketball specific skills and concepts. They participate in modified games preparing them for secondary school development and competition.

HOW TO USE THE KIWI HOOPS PROGRAMME

The Kiwi Hoops programme is designed to be used in any setting including schools, basketball clubs and associations, after school and holiday programmes.

The programme is flexible to fit the needs of both class or group programmes and teams playing in local leagues.

Each Kiwi Hoops stage has a Session Guide like this one that includes five session plans. Progressions are included so activities can be repeated for additional sessions. Coaches are also encouraged to create their own session plans once they have completed the first five.

The session plans are ideal for class or group programmes and can also be used as practice sessions by coaches of teams who also participate in school or association leagues.

Each stage of the Kiwi Hoops programme includes recommended session lengths and game formats for that age group. These have been developed by experts as the recommended best way to develop young players. Local flexibility may be needed due to available time, space, equipment and conditions. We encourage use of these national guidelines where possible.

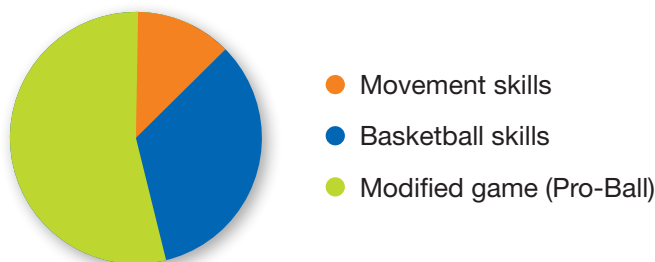
KIWI HOOPS – PRO

Learn and develop basketball skills through modified games and activities and apply basic decision making skills.

PRO is the basketball skills programme for Year 5 and 6 children (9 to 11 years of age). The focus is on developing basketball skills while continuing to practice and refine movement skills. Sessions are a mix of fun activities and games with an emphasis on enjoyment. Basic skills are still important as many children will use this stage as an entry level. Emphasis is on applying the basic skills and decision making to game-like situations (individual and multi-player decision making). Basic offence and defence concepts are introduced.

This is the major skill (motor) learning stage for children. They are developmentally ready to acquire the fundamental movement skills that are the cornerstones of all athletic development. Focus remains on the learning and developing, not the outcome (winning).

PRO Sessions



Indicators of success: Player can demonstrate:

- Ability to correctly perform running, jumping, catching, throwing and movement skills.
 - Refined ABC's of athleticism (agility, balance, coordination, speed).
 - Enthusiasm and a desire to play and learn.
 - Understanding of team, cooperation, respect and fair play.
 - Understanding and application of basic decision making.
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Tips for coaches

- Keep players active with short, simple games and activities with lots of touches.
- Allow young players time to explore skills on their own.
- Encourage input and imagination from the players.
- Provide a positive environment with lots of positive reinforcement.
- Use activities that challenge and promote fun and success.
- Assess the stage of players and adjust sessions to meet their individual needs.

PRO SESSION Plans

The Kiwi Hoops Pro Programme includes 5 session plans and a range of basketball activities and games.

Session length	60 minutes
Session Format	1 x Movement game (refer to session plans) 2 x Basketball skills (refer to session plans) 1 x Small sided game (refer to game format on page 16)
Equipment	One ball per player, marker cones, whistle, first aid kit

PRO SESSION ONE

Focus: Ball Handling and Dribbling

Learning Intentions We are learning to:

- Dribble the ball with control.
- Pass accurately.
- Catch with control.

Success Criteria I am successful when I can:

- Dribble the ball close to my body.
- Extend my arms towards the receiver when passing.
- Move laterally in a quick and controlled manner with quick feet.

CRAB TAG

MOVEMENT SKILLS

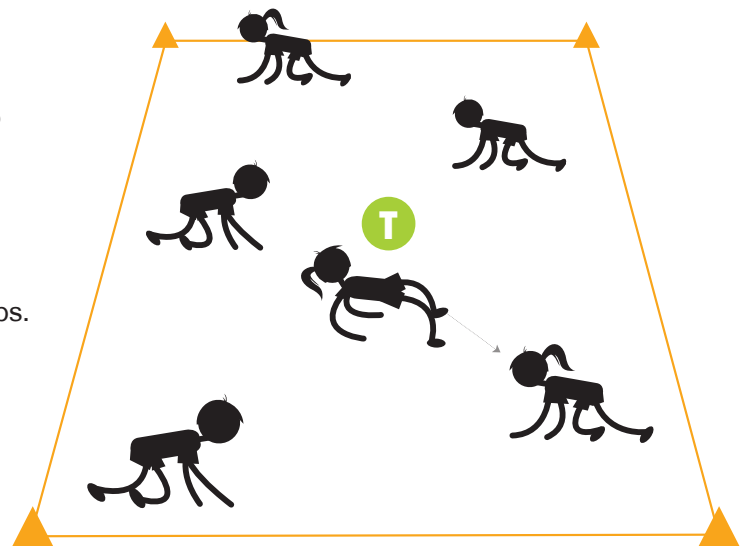
Aim: To tag as many players as possible.

How to Play

1. Define an area for the game to be played in.
2. All players are spiders (on all fours with back to the sky), except one player who is the crab (on all fours with tummy to the sky).
3. The crab attempts to tag the spiders. When a spider is tagged they turn into a crab.
4. The game is complete when all spiders are crabs.

Progression

- Introduce a scorpion. The scorpion assumes the crab position and carries a ball on their tummy. The scorpion tags the crabs and turns them back into spiders.



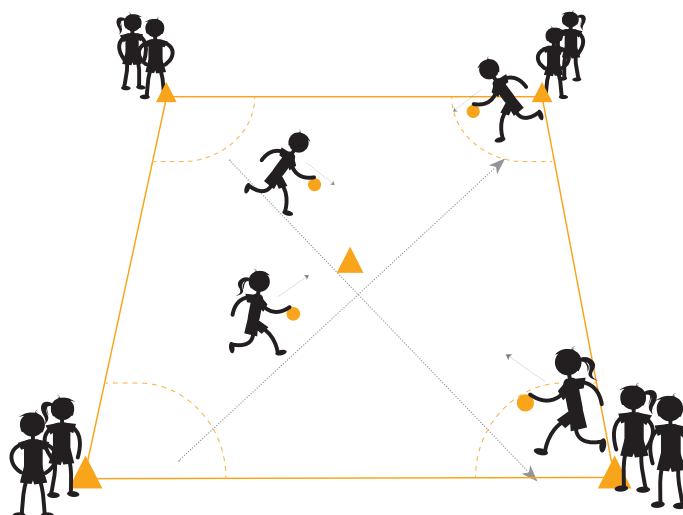
CROSS DRIBBLE

BASKETBALL SKILLS

Aim: To keep control of the basketball and evade other dribblers.

How to Play

1. Set up a square with cones. Divide the players evenly into the four corners.
2. The first player in each corner starts with a ball.
3. The first player in each team dribbles to the corner diagonally across from them, gives the ball to the waiting player and joins the back of the line.
4. The next players wait until all the balls have been passed before they go.



Progression

- Alternate dribbling hand
- Change the dribble style at the middle.
- Introduce different passes, bounce, push and overhead
- Run to the middle and pass to the left or right, then continue to run to the opposite corner.

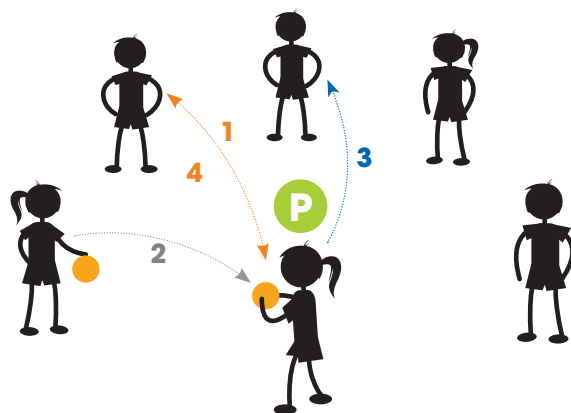
MACHINE GUN

BASKETBALL SKILLS

Aim: To pass accurately to a teammate.

How to Play

1. Divide the players into small groups, forming in a semi-circle around a passer.
2. The passer and the first person in the semi-circle each have a ball.
3. The passer passes their ball to the second person in the semi-circle. As they pass, the first person passes their ball to the passer and so on until they get back to the start.
4. Play until all players have been the passer.



Progression

- Change the speed of the pass.
- Introduce different passes, bounce, push and overhead.
- Pass around the circle in the opposite direction.

PRO SESSION TWO

Focus: Passing and Dribbling

Learning Intentions We are learning to:

- Pass under pressure.
- Maintain control of the dribble whilst under pressure from a defender.
- React quickly.

Success Criteria I am successful when I can:

- Move away from the defender to catch the ball.
- Dribble the ball close to my body.
- Move quickly in response to my partner's actions.

CORNER BALL

Aim: To tag the player.

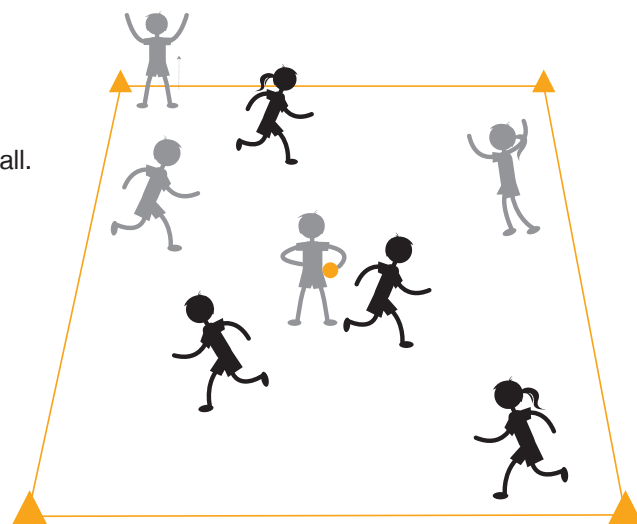
How to Play

1. Divide the players into two teams.
2. One team starts with the ball (offense). They attempt to tag as many defensive players as possible with the ball.
3. Offensive players cannot move with the ball.
4. When a player is tagged they must complete five start jumps before re-joining the game.
5. Swap after 10 successful tags or a set time limit.

Progression

- Allow players to dribble.
- Defence can intercept the ball to gain possession and tag the other team.

MOVEMENT SKILLS



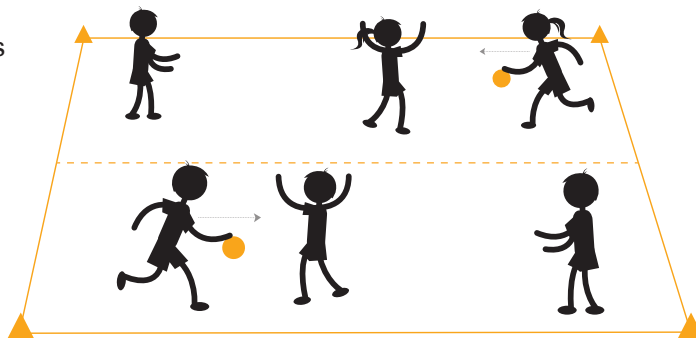
PIGGY IN THE MIDDLE

BASKETBALL SKILLS

Aim: To pass the ball without it being intercepted.

How to Play

1. Players form groups of three; two offensive players and one defensive player. Each group has a ball.
2. The players must stay within a defined area, but can move within the area.
3. The offensive players pass the ball between them, while the defender tries to touch/deflect the ball.
4. When the defender deflects or touches the ball they swap with an offensive player.



Progression

- Passer becomes the defender.
- Reduce the distance between the two passers.
- Passer can use a 'pass fake' to ward off the defender.
- Add another offense/defence player.

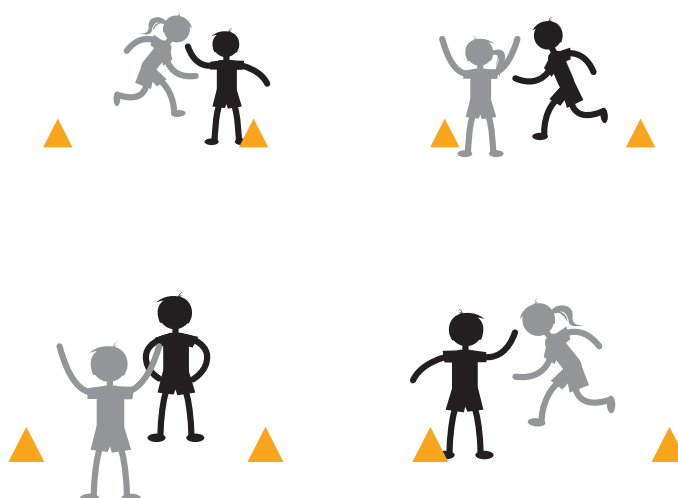
BEAT YOU TO A SPOT

BASKETBALL SKILLS

Aim: To beat your partner to the cone.

How to Play

1. Players are partnered facing each other 1m apart.
2. Place cones 2.5m either side of the players
3. One player is the defensive player and is 'in'. The other is the offensive player.
4. The offensive player moves in either direction to try to touch one of the cones.
5. The defensive player can only move when the offensive player does and tries to get the cone before the offensive player does.
6. Players take turns at being the defensive player.



Progression

- Decrease/increase the distance between the cones.

PRO SESSION THREE

Focus: Ball Handling and Shooting

Learning Intentions We are learning to:

- To control and protect the basketball whilst under pressure.
- To use the correct shooting technique.

Success Criteria I am successful when I can:

- Change direction.
- Pass accurately to others and control the ball while dribbling.
- Use the correct shooting technique.
- Respond quickly to instructions.

PIRATES

Aim: To keep control of the basketball.

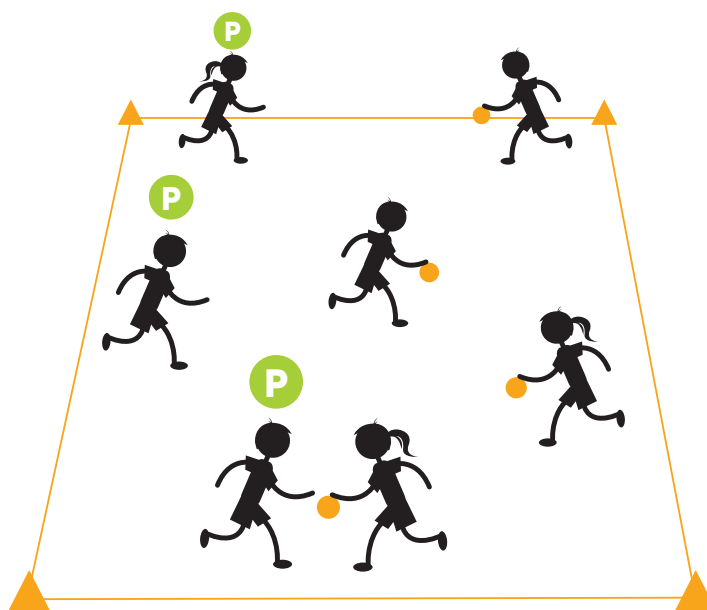
How to Play

1. Players spread out in a defined area.
2. Each player has a basketball except for three or four 'pirates'.
3. Players continuously dribble their ball while trying to avoid the 'pirates'. Pirates try to knock the balls out of the area.
4. Once a player's ball is out of bounds they must complete 10 ankle wraps, 10 body wraps and 10 figure of eight weaves before re-entering the game.

Progression

- Dribble with your less dominant hand.
- Increase the space (half court).
- Pirates become a dribbler and the other person becomes the pirate.

MOVEMENT SKILLS



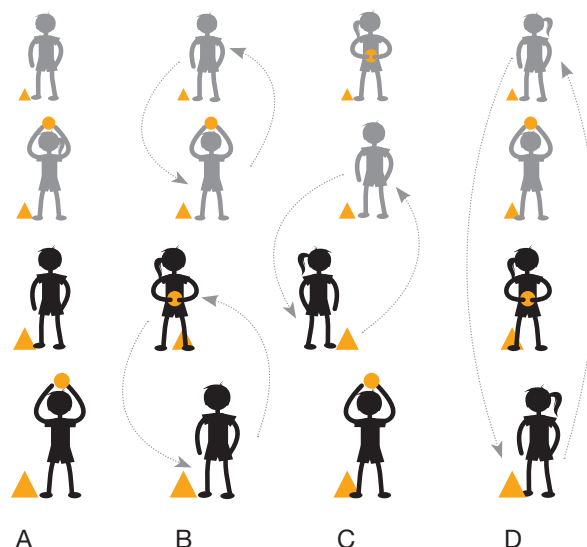
FOURS

BASKETBALL SKILLS

Aim: To respond to instructions quickly.

How to Play

1. Place cones in lines of four.
2. Players stand at a cone, pairs facing each other (outside players facing in, and inside players facing out).
3. Pairs make chest passes to each other.
4. Introduce the following calls:
 - A. Passes Change (change the passes you're making).
 - B. Partner Change (change places with your partner).
 - C. Inside Change (two inside players change places).
 - D. Outside Change (two outside players change places).



Progression

- Defense (players without a ball change places).
- Offense (players with a ball change places).
- Colour (players on that colour cone change places).

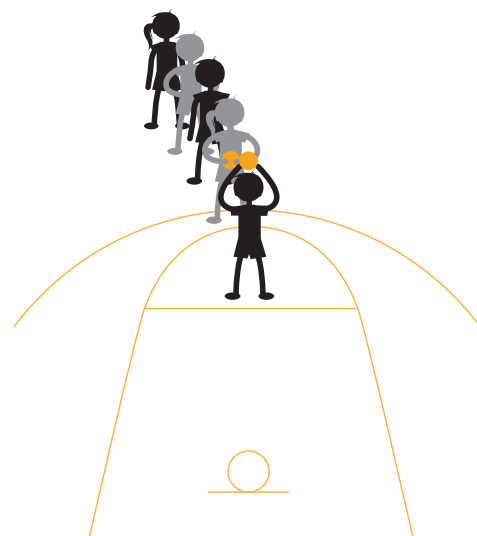
ELIMINATION

BASKETBALL SKILLS

Aim: To get the basketball in, or as close to the basket as possible using correct technique.

How to Play

1. Divide the players into two groups and use the baskets at both ends of the court.
2. Players line up in single file from 2-3m in front of the basket.
3. The first 2 players in the line each have a basketball each.
4. Only after the first person shoots can the second person take their shot.
5. If the second person makes their shot before the first person has made theirs, the first person is eliminated.
6. The game continues until there is 1 player left as the eventual winner.



Progression

- Increase the distance from the basket.
- Re-position the line to another area of the court.

PRO SESSION FOUR

Focus: Ball Handling and Shooting

Learning Intentions We are learning to:

- To pass accurately and use communication to assist with accuracy.
- To make set shots maintaining your balance and correct form.
- To make shot lay ups.

Success Criteria I am successful when I can:

- Call the name of the person I am passing to.
- Use the teaching points for a set shot.
- Use the teaching points for a layup.

KING OF THE DRIBBLE

MOVEMENT SKILLS

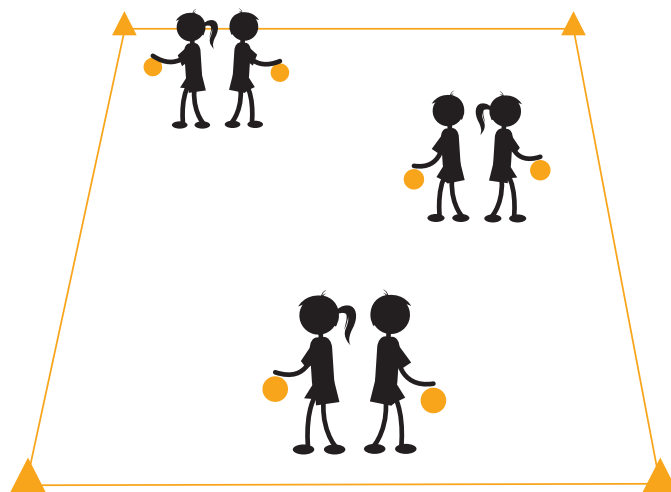
Aim: To keep control of the ball while trying to knock someone else's ball out of their control.

How to Play

1. Divide the players into pairs.
2. Both players start with their backs to each other.
3. On "go" they start dribbling and try to knock the other's ball out of their control, while keeping their dribble 'alive'.

Progression

- Add a third dribbler.
- Increase / reduce the playing area.



NEIGHBOUR PASSING

Aim: To pass the ball in a sequence.

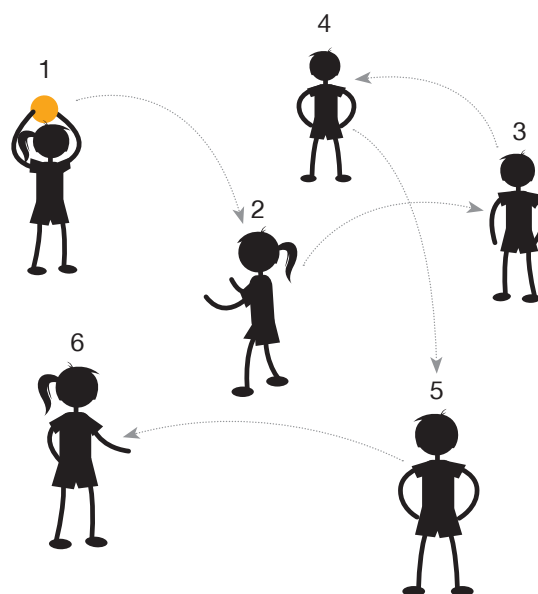
How to Play

1. Divide players into two groups.
2. Number each player. Players spread out in a circle.
3. Players pass the ball in number order calling out the person's name when passing.
4. After 2-3 repetitions the group spreads out and moves around the court continuing to passing in number order.

Progression

- Pass in reverse (pass to the person who was passing to you).
- Add more balls to put players under pressure.
- Change the type of pass based on where your receiver is i.e. if they are at one end of the court use a baseball or overhead pass and flat passes if closer.

BASKETBALL SKILLS



BEAT THE PRO

Aim: To shoot accurately.

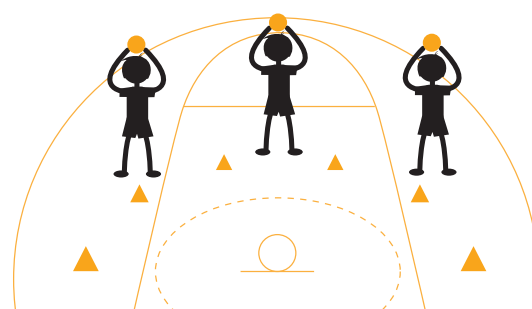
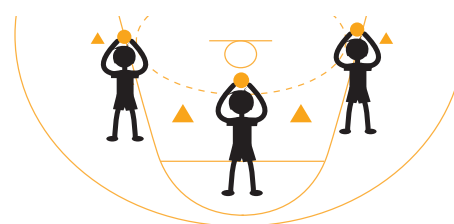
How to Play

1. Set up cones in a semi-circle around the basket (approx. 2.5m from the basket) in 6 different spots in the half court.
2. Two or more shooters each with a ball, start in both half courts.
3. Players commence shooting at the same time.
4. For every shot made, you score 2 points. For every missed shot the 'Pro' gets 2 points.
5. The aim is to get to 10 points, beat the pro and your opponent.

Progression

- Increase the distance they are shooting from the basket.
- Have other players stand 1m in front of the shooter with a hand up replicating a 'contested shot'.

BASKETBALL SKILLS



PRO SESSION FIVE

Focus: Ball Handling and Shooting

Learning Intentions We are learning to:

- Pass accurately while moving and use communication effectively.
- Shoot set shots with balance and correct form.

Success Criteria I am successful when I can:

- Use evasive methods to avoid being tagged.
- Use the correct shooting technique, maintaining balance and correct form.

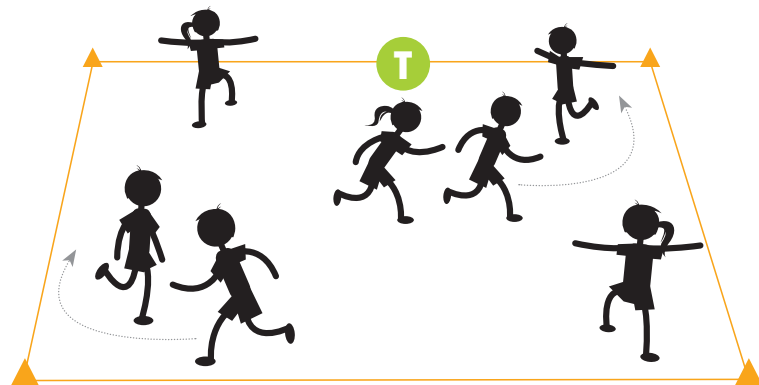
PIG IN MUD

MOVEMENT SKILLS

Aim: To follow a sequence to be freed.

How to Play

1. All players spread out in a defined space. One or two players are nominated taggers.
2. Taggers try to tag the runners. If tagged the runner becomes stuck in the mud and stands on one leg.
3. To release a stuck player, a free player comes and hi fives them.
4. Change taggers and introduce an additional task to get free (i.e jumping 180).



Progression

- Continue to add to the sequence.
- Runners dribble a ball.
- Add passing and catching to the sequence.

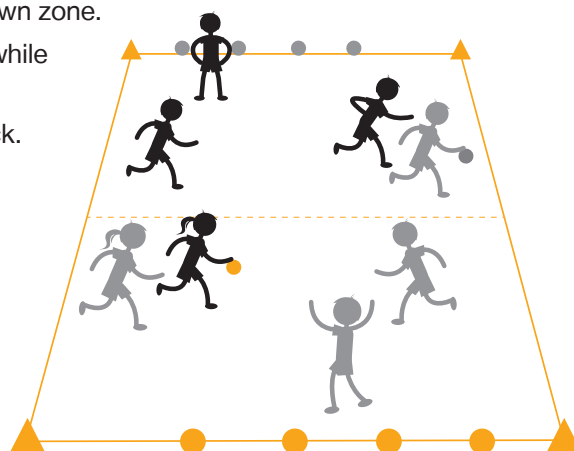
TROPHY CABINET

BASKETBALL SKILLS

Aim: To collect as many trophies as possible.

How to Play

1. Divide players into two teams. Place 5 balls at the end of each area.
2. The players run from their own playing zone and without being tagged, collect balls from the opposite zone and return them to their own zone.
3. Players can only be tagged on the way to collect the ball not while in their zone or while returning the ball.
4. If tagged on the way to collect a ball, the player becomes stuck. A team member must save a stuck players by linking arms and returning them to their zone.
5. Once a stuck player is saved by a teammate, they return to the game as full participants.
6. Once a player goes past half way they cannot go back.



Progression

- Players dribble balls.

CIRCLE PASS SHOOTING RACE

BASKETBALL SKILLS

Aim: To make more shots or passes than the other team.

How to Play

1. Divide players into two teams, a 'shooting' team and a 'passing' team.
2. The shooting team starts at the free throw line with two balls.
3. The passing team form a circle with a passer in the middle at half way. They pass to each other while the shooting team shoot until all players have made a successful shot.
4. Once the shooting team has made all their shots, the passing team stops.
5. The teams swap roles.
6. The team with the most passes is the winner.



Progression

- Shoot from a different spot.
- Change to different types of shooting, ie. lay ups.
- Use push or bounce passes.

PRO-BALL Game format

Game format	5 v 5										
Game Duration	32 minutes (2 x 16 minute halves, two minute break) Running clock only, one time out per half										
Court Size	Full court , or smaller court 22m x 12m or similar dimensions										
Court Set Up	2 hoops at each end of each court										
Hoop Height	10 foot (full size)										
Ball Size	5										
Positions	No positions, encourage players to spread out on the court. Use colour bands for player to player defence										
Scoring	Score will be kept. Free throws 1 point, field goals 2 points										
Substitutions & Player Rotations	Rolling substitutions to ensure all players get equal court time. No rotations required										
Start of Play	Ball toss for each half										
Referee	Kiwi Hoops Coach										
Rules	The following rules are applied from the Kiwi Hours Rules Guide. The role of the Kiwi Hoops Coach or Referee is to help players learn these rules as their development allows. <table> <tr> <td>Playing the Ball (Rule 1)</td><td>Three second Rule (Rule 7)</td></tr> <tr> <td>Out of Bounds (Rule 2)</td><td>Five Second Rule (Rule 8)</td></tr> <tr> <td>Illegal Dribble (Rule 3)</td><td>Personal Fouls (Rule 10)</td></tr> <tr> <td>Travelling (Rule 4)</td><td>Technical Fouls (Rule 11)</td></tr> <tr> <td>Return to Back Court (Rule 6)</td><td></td></tr> </table>	Playing the Ball (Rule 1)	Three second Rule (Rule 7)	Out of Bounds (Rule 2)	Five Second Rule (Rule 8)	Illegal Dribble (Rule 3)	Personal Fouls (Rule 10)	Travelling (Rule 4)	Technical Fouls (Rule 11)	Return to Back Court (Rule 6)	
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Return to Back Court (Rule 6)											

Please note: Game format may vary due to available time, space, equipment and conditions.
Please check with your provider.

RULES OF THE GAME

The following rules are applied from the Kiwi Hoops Rules Guide. The role of the Kiwi Hoops Coach is to help players learn these rules as their development allows.

PLAYING THE BALL (RULE 1)

Violation: When a player intentionally uses their leg or foot to contact the ball or strikes it with the fist.

During the game the ball is played with the hand(s) only. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

Apply from age 5. Young and new players may need help from the referee to learn this rule.

OUT OF BOUNDS (RULE 2)

Violation: When a player with possession of the ball, or the ball, is out of bounds.

Apply from age 5. Young and new players may need help from the referee to learn this rule.

ILLEGAL DRIBBLE (RULE 3)

Violation: When a player dribbles the ball with two hands or dribbles, stops and begins to dribble again.

If a player in control of the ball wants to move with it, they may dribble, that is to bounce the ball on the floor with one hand.

Apply from age 5. Young and new players will need help from the referee to learn this rule.

At a beginner level referees should encourage players to bounce the ball with one hand. As players develop physical and mental skills for the game then referees can help players understand this rule.

TRAVELLING (RULE 4)

Violation: When a player holding the ball lifts their pivot foot and returns it to the floor or takes more than one step before dribbling the ball, or takes more than two steps after dribbling the ball.

At a beginner level this rule is simply that players cannot run with the ball. As players develop physical and mental skills for the game then referees can help players understand this rule.

Apply from age 5. Young and new players will need help from the referee to learn this rule.

RETURN TO BACKCOURT (RULE 6)

Violation: Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team.

Once the ball is in a team's frontcourt it cannot be returned to the backcourt unless it is touched by a player in the other team.

Apply from age 9. Young and new players may need help from the referee to learn this rule.

THREE SECOND RULE (RULE 7)

Violation: An offensive player remains in the restricted area (key hole in front of the hoop) for more than three seconds when the team has the ball in their frontcourt.

Offensive players must move out of the restricted area (key hole in front of the hoop) after three seconds when the ball is in their frontcourt.

Apply from age 9. Young and new players may need help from the referee to learn this rule.

FIVE SECOND RULE (RULE 8)

Violation: A player holds the ball for more than five seconds while being closely guarded.

A player holding the ball on court and being closely guarded by an opponent, must pass, shoot or dribble the ball within five seconds.

Apply from age 9. Young and new players may need help from the referee to learn this rule.

PERSONAL FOUL (RULE 10)

Foul: A Personal Foul involves illegal contact on an opponent. Illegal contact occurs when the player responsible for the contact gains an advantage and/ or the player contacted is disadvantaged.

A player cannot hold, block, push, charge, trip or impede the progress of an opponent by extending their hand, arm, elbow, shoulder, hip, knee or foot, nor by bending their body into an "abnormal" position, nor use any rough tactics.

Apply from age 5. Young and new players will need help from the referee to learn this rule. At a beginner level referees should encourage players to avoid contact with opponents. As players develop physical and mental skills for the game then referees can help players understand this rule.

TECHNICAL FOUL (RULE 11)

Technical Foul: A Technical Foul involves unsportsmanlike behaviour by a player, coach or substitute that does not involve contact.

The opposing team is awarded one free throw and possession at the centre-line. The shot can be taken by any player of the team.