



**GIRLS
GOT
GAME**

@basketballnz



GIRLS GOT GAME BASKETBALL FOR GIRLS



**BASKETBALL
New Zealand**



**SIX WEEK INTRODUCTORY GIRLS BASKETBALL
PROGRAMME FOCUSED ON FUN AND FRIENDS**

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PROGRAMME OVERVIEW

Girls Got Game is a fun and friendly basketball programme for primary and intermediate school age girls.

Basketball is a fantastic sport for girls, helping to develop movement and thinking skills in a fun social team environment.

The programme provides:

- A FUN and FRIENDLY experience
- A SUPPORTIVE and NON-COMPETITIVE environment

Girls Got Game is based on Basketball New Zealand's Kiwi Hoops programme but is modified to meet the needs and preferences of girls.

Girls Got Game is a flexible programme and can be modified to suit the needs and resources of participants, schools and providers.

Girls Got Game aims to introduce more young girls to basketball and encourage them to continue being active and enjoy basketball with their friends.

PROGRAMME STAGES

The Girls Got Game programme has three stages:

LET'S PLAY - GIRLS GOT GAME INTRO EVENT

- Girls only (girls encouraged to bring a friend!)
- Run during school time or to suit participants
- 30 – 60 mins in duration
- Lead by female coaches and/or female role models
- Ideally maximum of 10 girls per coach
- Free of charge

SIX WEEK PROGRAMME:

- Girls only (girls encouraged to bring a friend!)
- Run during school time or to suit participants
- 45 – 60 mins in duration
- Lead by female coaches and/or female role models
- Ideal group size is 10 girls
- Free of charge (or low cost)

ONGOING PARTICIPATION FOR GIRLS

- Capturing girls' details for continued communication (via permission forms)
- Girls only opportunities
- Options include:
 - Progression to Kiwi Hoops programme and game formats in schools and/or clubs
 - Establishing girls' league for local schools and/or club teams
 - Introducing or modifying mixed leagues that are girl friendly

FORMAT AND TIPS FOR COACHES

Tips for Coaching Girls

The key to the success of Girls Got Game is not in the content but how it's delivered.

Coaches who deliver this programme should:

- Be supportive and encouraging – you are a role model who can inspire young girls!
- Keep girls active with short activities and lots of involvement
- Focus on a fun and a friendly social environment
- Use short, clear and simple instructions
- Use a “follow me” approach – demonstrate for learning and understanding
- Encourage input and imagination from the girls
- Provide a positive environment with lots of positive reinforcement
- Remember the girls are beginners so skill development is not the focus
- Modify activities to best suit the needs of the participants and resources available

SESSION PLANS

The Girls Got Game programme includes six session plans with a range of fundamental movement and basic basketball activities and games.

Session frequency	One session per week
Session length	45 mins
Session format	1 x warm up 3 x activities and games 1 x free play
Equipment	One ball per player, marker cones, first aid kit

GAME FORMAT

The Girls Got Game sessions do not include game time, but if the girls are ready this could be introduced in free time later in the programme.

The following guidelines are suggested to encourage fun and non-competitive play. They can also be used for ongoing participation opportunities for girls.

Number of players	Two teams of 3 to 5 players
Game duration	15 mins (2 x 7 min halves, 1 min break)
Court size	Half court or smaller coned area
Hoop height	8 foot (full height is 10 foot)
Ball size	5
Positions	No positions
Scoring	No scoring
Basic rules	Stay in the court when in possession of ball Bounce (dribble) the ball when in possession and moving, encourage players to dribble with one hand Avoid contact with other players

SESSION ONE

5mins	Warm up
10mins	Spacegirls
10mins	Agile Animals
10mins	Simon Says
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play

1. Spread out.
2. Coach calls movement.
3. Players move around.
4. Contact between players = 2x star jumps.
5. Coach calls "freeze".

SPACEGIRLS

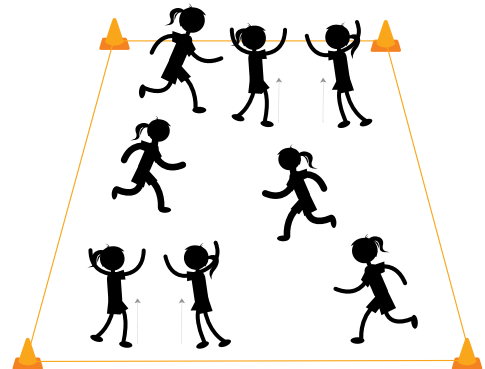
MOVEMENT SKILLS

Aim: To move around the area without making contact with other players.

 = none  = none

Progression

- Coach calls "change": change type movement.
- Introduce gears e.g. 1st gear slow, 2nd gear jogging, 3rd gear running, etc.



How to Play

1. Set up a number of different pathways using the lines on the court or marker cones.
2. Players explore travelling using different locomotor skills.

Progression


- Travel backwards or sideways.
- Change direction halfway.
- Carry or bounce a ball.

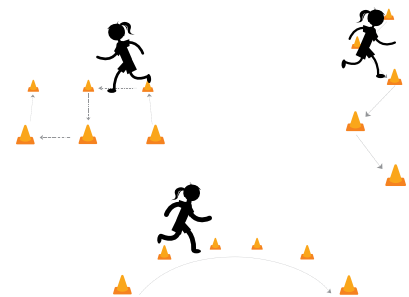
AGILE ANIMALS

MOVEMENT SKILLS

Aim: To travel in different directions along different pathways.

 = none / every player optional

 = 10+



How to Play

1. Divide into two circles.
2. One ball per group, players 1-2m apart.
3. Coach: "Simon says roll the ball" = players roll the ball to the next person in the circle.
4. "Simon says chest pass" = chest pass to the next player.

Progression

- Bounce pass.
- Change direction.
- Underhand.
- Ankle wraps.
- Head or body wraps.

SIMON SAYS

BASIC BASKETBALL SKILLS

Aim: To listen and respond to instructions.

 = 2  = none



SESSION TWO

5mins	Warm up
10mins	Running Wild
10mins	Dinosaur Eggs
10mins	Cars & Caravans
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play



1. All players spread out in area.
2. Coach calls out an animal.
3. Players move around like that animal.

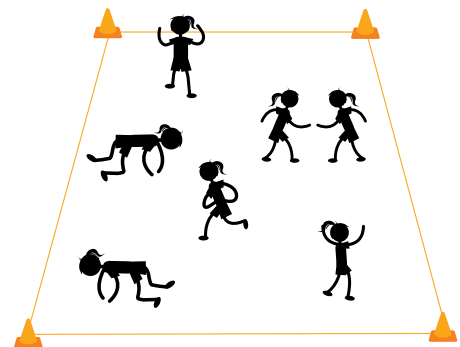
Progression

- More difficult animals.
- Ask players for animals.
- Start as a duck, play paper scissors rock, winner morphs into next animal (e.g. duck; frog; horse; elephant).

RUNNING WILD MOVEMENT SKILLS

Aim: To move around the area without bumping into others.

 = none
 = none / 4 if no lines on court



How to Play

1. Spread out cones in an area (one per player plus a few extra).
2. Each player stands next to cone with a ball.
3. Coach calls a number, players throw and catch that many times then find a new cone.
4. "Freeze" = players stop.

Progression

- Players throw higher than their arm's reach.
- Players take one step to catch ball.

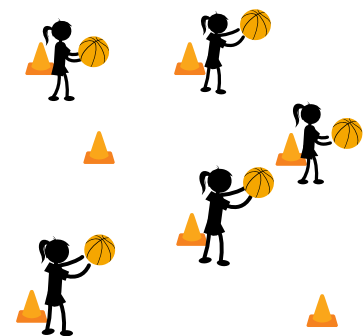
DINOSAUR EGGS

MOVEMENT SKILLS

Aim: To throw and catch a ball.

 = every player

 = 1 per player + a few extra



How to Play

1. Partners stand one in front of the other.
2. Coach calls locomotor skill: walking, jogging, bouncing, sidestepping, hopping, skipping and galloping.
3. The car leads the caravan around the space safely.
4. Players take turns at being the car or caravan.

Progression

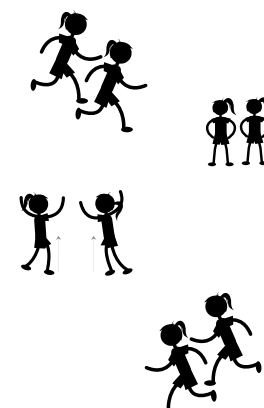
- "Change" = turn around high-five and swap roles.
- "Change" = players jump 180° and swap.
- "Change" = players pivot 180° and swap.

CARS & CARAVANS

MOVEMENT SKILLS

Aim: To move around the area with a partner, avoiding others.

 = none  = none



SESSION THREE

5mins	Warm up
10mins	Hot Potato
10mins	Pepper Passing
10mins	Frost & Sun
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play

1. Divide players into small groups, each group into a circle.
2. Coach blows whistle, player passes ball as if it's a hot potato (i.e. with fingertips).
3. "Change" = change direction.

Emphasis: Absorb the pass with body behind their hands as they catch, keep eyes on ball until it is in hands.

Progression

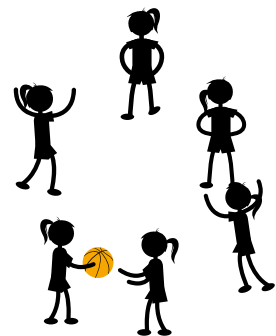
- Add a tennis ball.
- Add a 'ball slap' before pass.
- Add a toss in air before pass.

HOT POTATO

MOVEMENT SKILLS

Aim: To control the ball and get comfortable using their fingertips.

 = 1 per group  = none



How to Play

1. Divide into small groups.
2. Each group forms a circle around designated passer, who has a ball.
3. Coach blows whistle.
4. Passer passes to first team member in the circle who returns a pass back.
5. Passer continues to pass and receive around the circle until all members have had a turn.
6. New passer starts in the middle, continue until all players have been the passer.

Progression

- Successful catch = take one step backwards.
- Introduce a bounce pass.
- Introduce wraps before passing.

PEPPER PASSING BASIC BASKETBALL SKILLS

Aim: To pass successfully to a receiver.

 = 1 per group  = none



How to Play



1. One player is tagger (Frost).
2. All other players carry a ball around with them while avoiding being tagged.
3. If tagged a player must stop, place ball between knees and wait to be freed.
4. Frozen players must pass and catch the ball five times with a player (Frozen or un-frozen) to be freed.

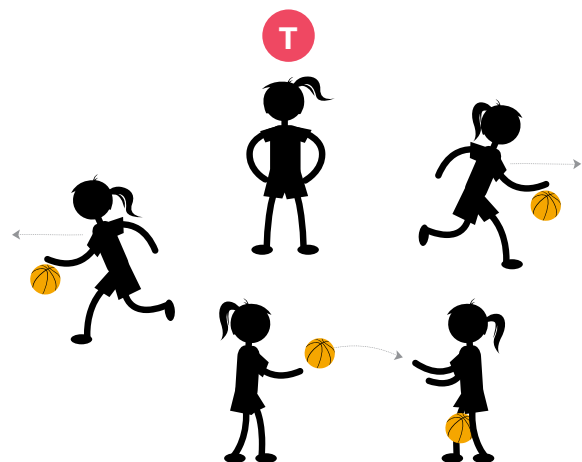
Progression

- Increase number of passes to be made.
- Increase number of people to pass with.

FROST & SUN MOVEMENT SKILLS

Aim: To avoid being tagged.

 = every player minus 1  = none



SESSION FOUR

5mins	Warm up
10mins	Hula Passing
10mins	Traffic Lights (Ball)
10mins	Gateposts
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play

1. Divide into two even groups, then divide each group into two lines facing each other, one ball for each of the two main groups.
2. One person from each group stands in the middle of the two lines (approx. 1m from each line) holding a hula hoop at chest height.
3. The first passer of each line passes the ball through the hoop to the other line, then goes to the back of the line. Continue until everyone has had a turn.
4. Play until all players have been the middle person.

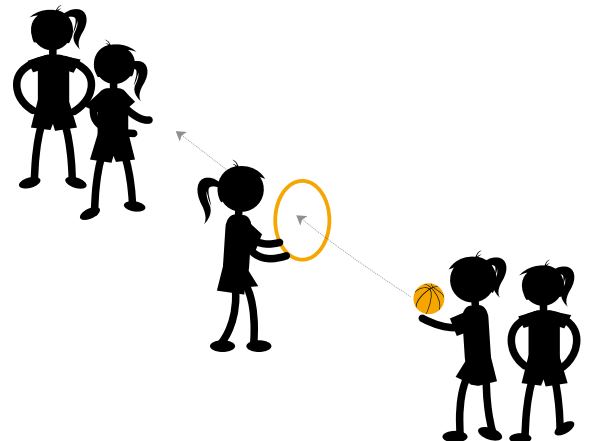
Progression

- Race against time.
- Try to get 20 passes.
- Increase distance between lines.
- Take hoop away and have receivers give passers a target with their hands at chest height.

HULA PASSING BASIC BASKETBALL SKILLS

Aim: To pass accurately through a hula hoop.

 = 2  = 4



How to Play

1. Players spread out in area, each with a ball.
2. On “green” the players move freely holding the ball in their hands.
3. On “red” players must throw the ball up and catch it five times before moving.

Progression

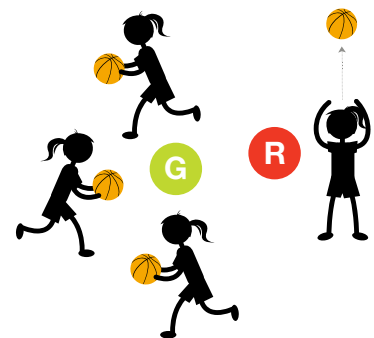
- Introduce gears e.g. 1st = slow, 2nd = jogging, 3rd = running, 4th = sprinting.
- Introduce “orange” = the player throws the ball from hand to hand five times.

TRAFFIC LIGHTS (BALL)

MOVEMENT SKILLS

Aim: To move controlling the ball.

 = every player  = none



How to Play

1. Set out a number of gateways in a defined space.
2. Players stand in pairs at a gateway with one ball between them.
3. Each pair makes five passes.
4. The player with the ball stays at the gatepost, the other player finds a new partner to make five passes with.


Progression


- Change the number of passes (using odd numbers only).
- Increase the distance between the gateposts.

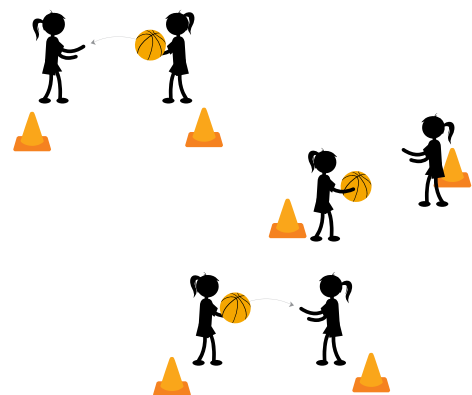
GATEPOSTS

MOVEMENT SKILLS

Aim: To pass and catch with partner.

 = half the number of players

 = at least one per player



SESSION FIVE

5mins	Warm up
10mins	Chain Tag
10mins	Snake Dribbling
10mins	Boomerang Passing
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play

1. Two or three players start as taggers, they link arms to form a chain. As a chain they move around trying to tag free players.
2. When a player is tagged, they join the chain.
3. When the chain has four players in it, it breaks into two chains of two people, and both chains try to tag free players.
4. The game finishes when all players are in a chain.

Progression

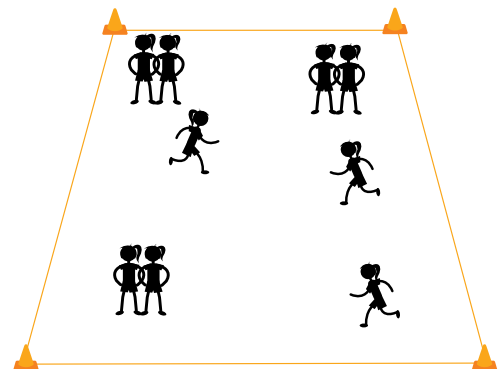
- Use different locomotor skills.
- Free players dribble a basketball, when tagged they roll the ball out of area and join chain.

CHAIN TAG

MOVEMENT SKILLS

Aim: To avoid being tagged.

 = none  = none



How to Play

1. Divide the group into two even teams, one lined up on each sideline.
2. Place two basketballs in the centre circle.
3. Coach gives each team member a number (they must remember the number), starting at one at the first player on each sideline.
4. Coach calls a number, those players must run and grab a ball, dribble in and out of each teammate in line (like a snake), then dribble to the centre circle, place the ball down, run back to their line.

Progression

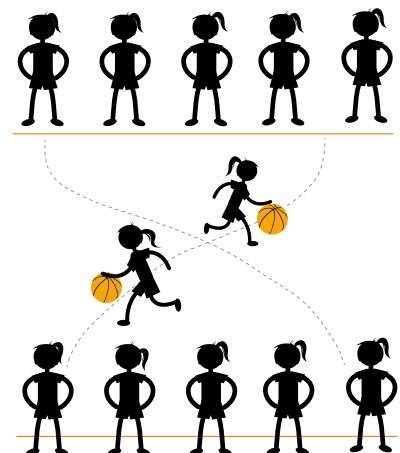
- Play team vs team rather than individual.
- Add more basketballs and call out two numbers.
- Add a specified number of 'wraps' once they get back to the centre circle.

Snake Drizzling

BASIC BASKETBALL SKILLS

Aim: To dribble the ball with control.

 = 2  = 4 / none



How to Play

1. Divide the group into two even teams, one lined up on each sideline.
2. Place two basketballs in the centre circle.
3. Coach gives each team member a number (they must remember the number), starting at one at the first player on each sideline.
4. The coach calls a number, players with that number run to get a ball and dribble to the first player in their line.
5. They pass to each teammate in the line, dribble the ball back to the centre circle and return to their line.
6. Continue until all players have had a turn.

Progression

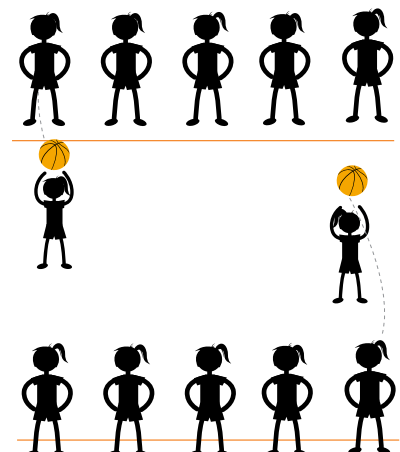
- Use different passes i.e. push pass, overhead pass.
- Increase the passing distance to 3m.
- Change from individual challenge to team challenge.

Boomerang Passing

BASIC BASKETBALL SKILLS

Aim: To pass the basketball to a receiver or target.

 = 2  = 4 / none



SESSION SIX

5mins	Warm up
10mins	Crazy Bounces
10mins	Cross the River
10mins	Over the Line
10mins	Free Play

Focus: Fun, supportive, encouraging

How to Play

1. Each player starts in the area with a basketball.
2. They move around following the instructions of the leader trying not to bump into others.
3. The leader may call; "left hand", "right hand", "alternate", "at the side", "ready position".

Progression

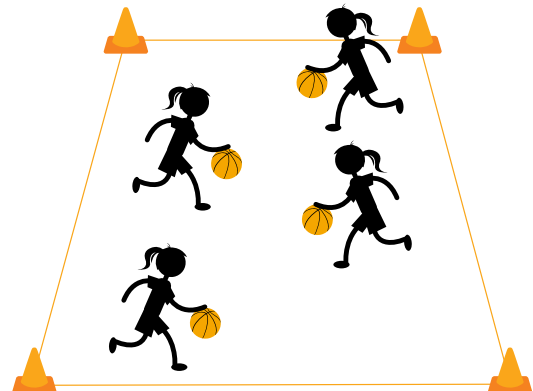
- Add ball wraps, figure eights and finger ball taps.
- Call out a number and have players stop and throw and catch to themselves that many times.

CRAZY BOUNCES

MOVEMENT SKILLS

Aim: To keep control of the basketball.

 = every player  = 4 / none



How to Play

1. Divide players into small groups.
2. Players dribble the ball around their area. When they think the time is right, they attempt to cross the river.
3. Two or more players (without balls) are in the river trying to steal the ball off the crossing players.
4. Once players get across the river, they make six passes with another player who then attempts to cross the river.

Progression

- Specify which hand to dribble with.
- Add more players to the river.
- Make the river area larger or smaller.
- Limit the time players are allowed in the river.

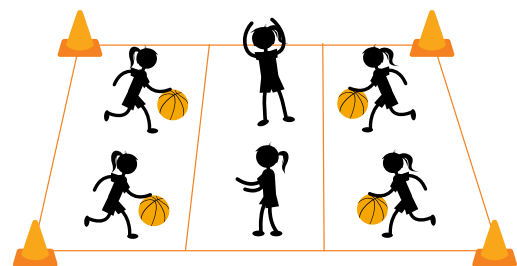
CROSS THE RIVER

BASIC BASKETBALL SKILLS

Aim: To get across the river with the ball.

 = every player minus 2 or 3

 = 4-8



How to Play

1. The game is played 4x4 or 5v5 players. One team begins with the ball in their end zone.
2. A point is scored when a team member catches the ball in the end zone. Teams can move the ball across the playing area by passing.
3. After a point is scored, the other team restarts the game from the other end zone.

Progression

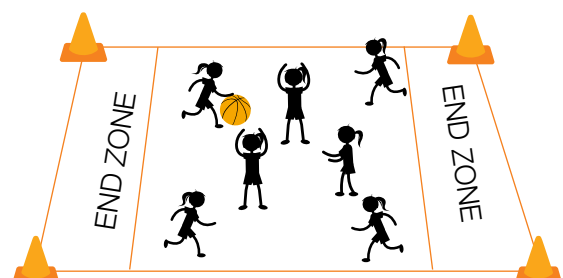
- Make a specified number of passes.
- Add dribbling; if tagged by a defender, stop and pass.
- Add return to halfway or a specified area before they commence a new possession.

OVER THE LINE

BASIC BASKETBALL SKILLS

Aim: To score points by getting the ball from the end line to the scoring zone.

 = 1  = 4-8



REMOVE BARRIERS FOR YOUNG GIRLS

Girls generally like sport for different reasons than boys. The following suggestions aim to reduce the effect of barriers prior to participation and during a basketball activity. These barriers are generalised and may not be experienced in the same way by every girl. Try to tailor your delivery to the needs of the girls you are working with.

BARRIER TO PARTICIPATION	SUGGESTION (BEFORE THE ACTIVITY)
Don't want to play with boys	Offer girls-only events and encourage girls to bring their friends.
Social need to feel included	Aim for groups of 10-20 girls if possible. This size can ease self-consciousness as it is easier to 'blend in' to the group, but it is still a small enough group for girls to feel that they are getting enough attention from a coach.
Lower enthusiasm for competitive games than boys	Where possible, replace individual vs individual competition with team- or group-based competition.
Lack of time, money or focus to commit to a sport/activity long-term	A duration of six weeks appears to be a good length of time for girls to sign up for. Aim to reduce cost for beginners.
"Basketball is a boys' sport"	Female role models such as high school or WBC players can help to dispel this myth!
Worries about change in appearance, getting sweaty, etc.	If event is in school time, allow girls ample time to get changed afterwards.
BARRIER TO ENJOYMENT	SUGGESTION (DURING ACTIVITY)
Disinterest with physicality of basketball	There are ways of discouraging physicality if the group you are working with either becomes too rough or wish it was less physical. In a situation with teams, a point could be given to the team that was fouled. Try to alter the activity to reduce physicality if needed.
Social need to feel a part of the group	Avoid calling out girls in front of a group. Try giving feedback to individuals when the drill has ended or while a child is at the back of a line, rather than stopping the activity to point out one girl.
Lack of confidence	Try to be supportive and encouraging. Instead of punishing mistakes keep the focus on fun and exploration of new skills. Encourage girls to be supportive of each other and give other girls compliments or high-fives.
Not getting to touch the ball enough	In a game setting, removing boys can often fix this problem as the feedback is that boys are hesitant to pass to girls because girls have less basketball experience and can lose the ball. However another option is to reduce games from 5v5 players to 3v3. This increases the touch rate; it is hard for a player to avoid being passed the ball.

INTRO EVENT GUIDELINES

LET'S PLAY! – GIRLS GOT GAME INTRO EVENT

- Girls only (girls encouraged to bring a friend!)
- Run during school time or to suit participants
- 30 – 60 mins in duration
- Lead by female coaches and/or female role models
- Ideally maximum of 10 girls per coach
- Role models – WBC players, female representative/secondary school players
- Free of charge, giveaways if available
- Provide Flyer on Girls Got Game programme and next steps with provider contact details

Suggested Content

Dribbling

Skill: One hand at a time

Explore: Try each hand, stationary or moving along a path

Passing

Skill: Passing to a partner

Explore: Different types of passes

Shooting

Skill: Basic stationary shooting principles

Explore: Shoot from different spots on the court

Teamwork

Learn each other's names and work towards a goal together (e.g. number of passes/ made baskets)

Free play

This is a great opportunity to allow girls a chance to explore the game of basketball! Free play with a female role model or coach available for advice or ideas provides flexibility and casual fun for participants.

Girls Got Game Activities

Pick some games or activities from the session plans in this programme guide.