

BASKETBALL NEW ZEALAND BNZ KIWI HOOPS – SUMMARY

BNZ 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!

BNZ 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.

BNZ 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.

The BNZ 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.

BNZ Kiwi Hoops resources for each level provide session formats that include activities and games. These are ideal for class or group programmes. The session plans can also be used as practice sessions by coaches of teams who also participate in school or association leagues.

For more information please visit our website nz.basketball for a full BNZ Kiwi Hoops Programme Guide and contact details for your local basketball association.