

## Basketball

**Where:** \_\_\_\_\_

**What time:** \_\_\_\_\_

**Duration:** 75 minutes

**Group:** Blue / Red

**Student numbers:** \_\_\_\_\_

### What you need:

1. 2 Basketball nets & court (1 per group)
2. 4/8 Basketballs (1 per 2/ 4 students)
3. Bibs
4. Group register
5. Risk assessment (indoor activity)

### Stage 1 (warm up) in pairs/3s/ 4s

- Dribble across the court (and back)
- Dribble across the court using weaker hand
- Dribble across the court and pass
- Dribble across the court and pass (different sort of pass e.g. bounce, overhead etc.)
- 1v1. Pairs face each other across the court. Object is to dribble past your opponent to the other side. Swap over and repeat.

### Stage 2 (Possession game)

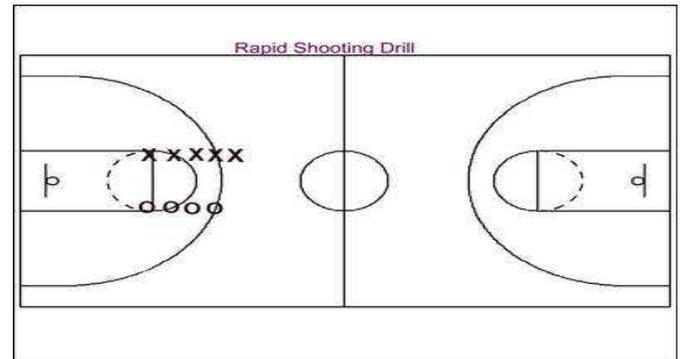
4v4 using a restricted area (1/4 of the court) Object is to move the ball towards the other team's line.

### Stage 3 (Shooting)

Use the 2 baskets and have 2 lines of 4 facing each basket.

X's dribble to basket and perform a set shot. O's run in at the same time and collect the rebound. Players switch lines. Swap over and repeat. Swap over a number of times - Players can do a lay-up if they are capable

As above. Put in a defender to create a 2v1 situation.



### Stage 4. Matches

5v5 (but you could play 6v6 if the court is large) Matches should be short (approx. 5mins or first to score 3 baskets) Main rules to emphasise are;

1. Basketball is a non-contact sport!
2. No Travelling (2 steps only)
3. No Double-dribble

Game Management: Try to avoid one or two players dominating by restricting their scoring opportunities (e.g. somebody else must score) or by stipulating all players must touch the ball before attempting a shot.

### Activity leader, remember!

1. Keep language simple. Some students may not understand complex instructions. If it's important use concept questions and repeat it.
2. Your job is to motivate and organize. Make sure that you are proactive and encouraging.
3. Keep calm, don't lose your patience (with students or group leaders) and have fun.