

PICK YOUR SHOT

EQUIPMENT

- 1 basketball per team.
- 1 or 2 hoops.
- Cones or spots.

SPACE

One half or both halves of court.

SAFETY

- Check players are ready to receive.
- Don't shoot if players under the hoop are unaware.



HOW TO PLAY

1. Play in small teams, e.g. 4s, with **3–4 teams** in each half-court.
2. Spread cones around the **half-court**.
3. **Player 1** in each team dribbles to any of the cones and shoots from there.
4. Teams go at the **same time**.
5. If successful, they take the cone back to their team and pass the ball to the **next player**.
6. If they miss, they **leave the cone** in place and dribble back to the team.
7. **Player 2** dribbles to another cone and repeats.
8. Keep playing, with team mates **taking turns**, until all of the cones have been collected.
9. The team with the **most cones wins**.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Alter the **distance** of the cones from the hoop.
- Alter the **angle** of the cones from the hoop.
- Vary the **dribbling distance** for some players.

T TASK

- Pass the ball in **pairs** instead of dribbling.
- **Agree** who will shoot from which cone.
- Have **more than one shot** if a player misses.

E EQUIPMENT

- Dribble around cones and **shoot** from spots.
- Increase or decrease the **number of cones**.
- Give **different values** to cones, e.g. 2 pts.

P PEOPLE

- Compete as **individuals** rather than in teams.
- **Dribble** around a defender before shooting.
- Players try to **block** other teams' shots.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Dribble** a ball with control.
- **Shoot** from different positions.
- **Judge** which shots to take.
- Make a **precise pass** (hand off).

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – have self-motivation.
- **Social** – encourage and support others in a team.
- **Thinking** – compare and contrast options.
- **Creative** – trial new ideas.

MAKE IT COUNT

EQUIPMENT

- 1 basketball per group.

SPACE

Full court – 1 zone per group.

SAFETY

- Avoid contact with other players.
- Watch out for loose balls from other groups.



HOW TO PLAY

1. Play in small groups, e.g. 4s or 6s.
2. Each group plays in its own zone.
3. Within each group, play in **2 teams**, e.g. 2v2 or 3v3.
4. **Team 1** starts with the ball and passes it between team mates.
5. Can they make **6 consecutive passes** without dropping or losing the ball?
6. **Team 2** tries to block or intercept the passes – without touching a player.
7. If **Team 1** succeeds, they score **1 point**, have a **15-second timeout** then start a new play.
8. If **Team 1** drops the ball or the ball is stolen by **Team 2**, players in **Team 2** then try to make their 6 passes.
9. Which team **scored the most points**?

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Vary the **size** and **shape** of the zones.
- **One team's players** pass across a zone, with the **other team** intercepting in the zone.

T TASK

- Team mates **pass to each other** in a set order.
- Change the **target number** of passes.
- Allow **more** or **longer** timeouts.

E EQUIPMENT

- After **6 passes**, teams score by placing the ball on a spot on the floor at the edge of the zone.
- Change the **size** and/or **weight** of the ball.

P PEOPLE

- Change the **number of players** in the teams.
- Have **uneven teams**, e.g. 2v4.
- **Swap** players between teams.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Pass** a ball with precision.
- **Find** and **move** into space.
- **Track** another player's movements.
- **Switch** quickly between defence and attack.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – take responsibility.
- **Social** – have empathy for others.
- **Thinking** – make quick decisions.
- **Creative** – react positively to change.

PASS IT ON

EQUIPMENT

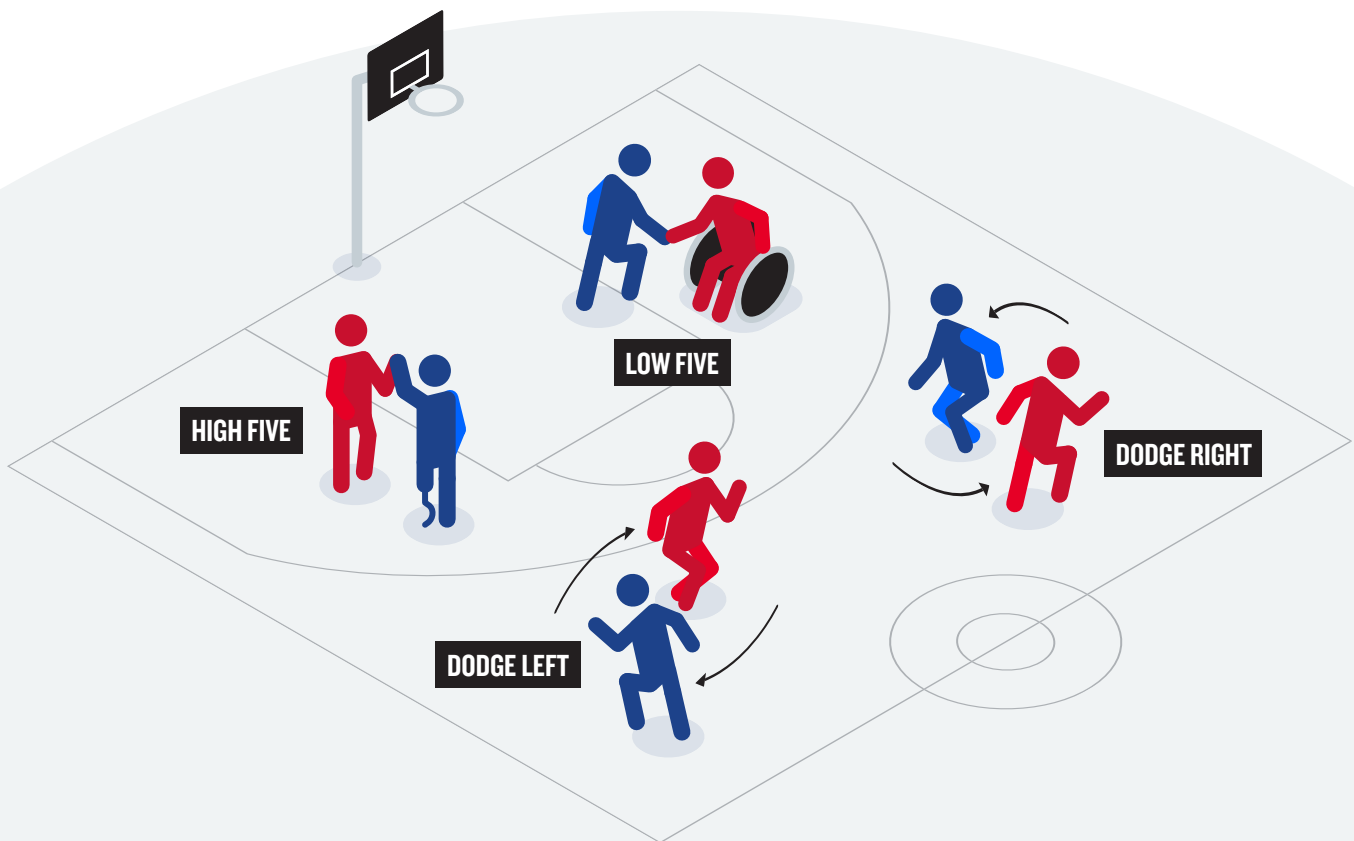
- None.

SPACE

Full court.

SAFETY

- Avoid bumping into others.
- Make sure feedback is positive.



HOW TO PLAY

1. Players move around the area at a **fast pace**.
2. **Shout an action:** players respond by making that action as they meet the player nearest to them, e.g.
 - **High five** – reach up
 - **Low five** – reach down
 - **Left** – dodge left
 - **Right** – dodge right
3. Keep varying the actions.
4. Gradually **decrease** the pace, e.g. from gear 5 down to gear 1.
5. Introduce '**pause and praise**': as a player meets another, they stop to offer positive feedback, e.g.
 - **One basketball skill**, e.g. your passing was precise.
 - **One life skill**, e.g. you encouraged your team mates.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Gradually **decrease** the size of the area.
- Play as **smaller groups** within zones.
- Allocate a zone to a **small number** of players.

T TASK

- Ask players to **suggest actions** at the start.
- **Pairs** choose their **own action** when they meet.
- **Vary** how players move, e.g. sideways, zig zag.

E EQUIPMENT

- **Dribble** a ball whilst moving.
- **Move** around cones spread across the area.
- Provide postcards for **written praise**.

P PEOPLE

- **Players interact** with a different person for each new action.
- Group or pair players for '**pause and praise**'.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Reduce heart rate** after exercise.
- **Develop awareness** of other players.
- **React** quickly to changes.
- Build **team spirit**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – take responsibility.
- **Social** – respect others.
- **Thinking** – reflect.
- **Creative** – be curious.

REFLECTIONS

EQUIPMENT

- None.

SPACE

Full court.

SAFETY

- Limit a stretch if it is painful.
- Do not share partners' responses with others.



HOW TO PLAY

1. **Play in pairs** – Partners 1 and 2.
2. **Face each other** – approx. 1m apart.
3. **Partner 1** mimes a series of basketball movements, e.g.
 - **Stretching up** to catch a ball
 - **Reaching sideways** to block
 - **Shooting, dribbling** etc.
4. **Be creative** – and use both sides of the body, e.g. stretch right and left.
5. **Partner 2** mirrors the movements – trying to match them precisely.
6. **Swap roles** so partner 1 leads.
7. **Share verbal reflections:**
 - Which basketball skill did you improve during the session?
 - Which life skill did you improve?
 - What are your goals for next session?

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- **Move** around the area whilst making movements instead of staying in one place.

T TASK

- Partners agree a **series of movements** then try to synchronise them as a sequence.
- **Follow a leader** in a chain instead of mirroring.

E EQUIPMENT

- **Hold a ball** whilst making the movements.
- **Log reflections** on a sticky note and stick them (anonymously) to a group achievement wall.

P PEOPLE

- **Play in small groups**, with a number of players mirroring the movements of a leader.
- Keep **swapping partners**.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Stretch out** muscles to prevent injury.
- **Build** body awareness (proprioception).
- **Practise** techniques without pressure.
- Set personal improvement **goals**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – set personal goals.
- **Social** – use body language to communicate.
- **Thinking** – reflect.
- **Creative** – imagine.

THE ESCAPE GAME

EQUIPMENT

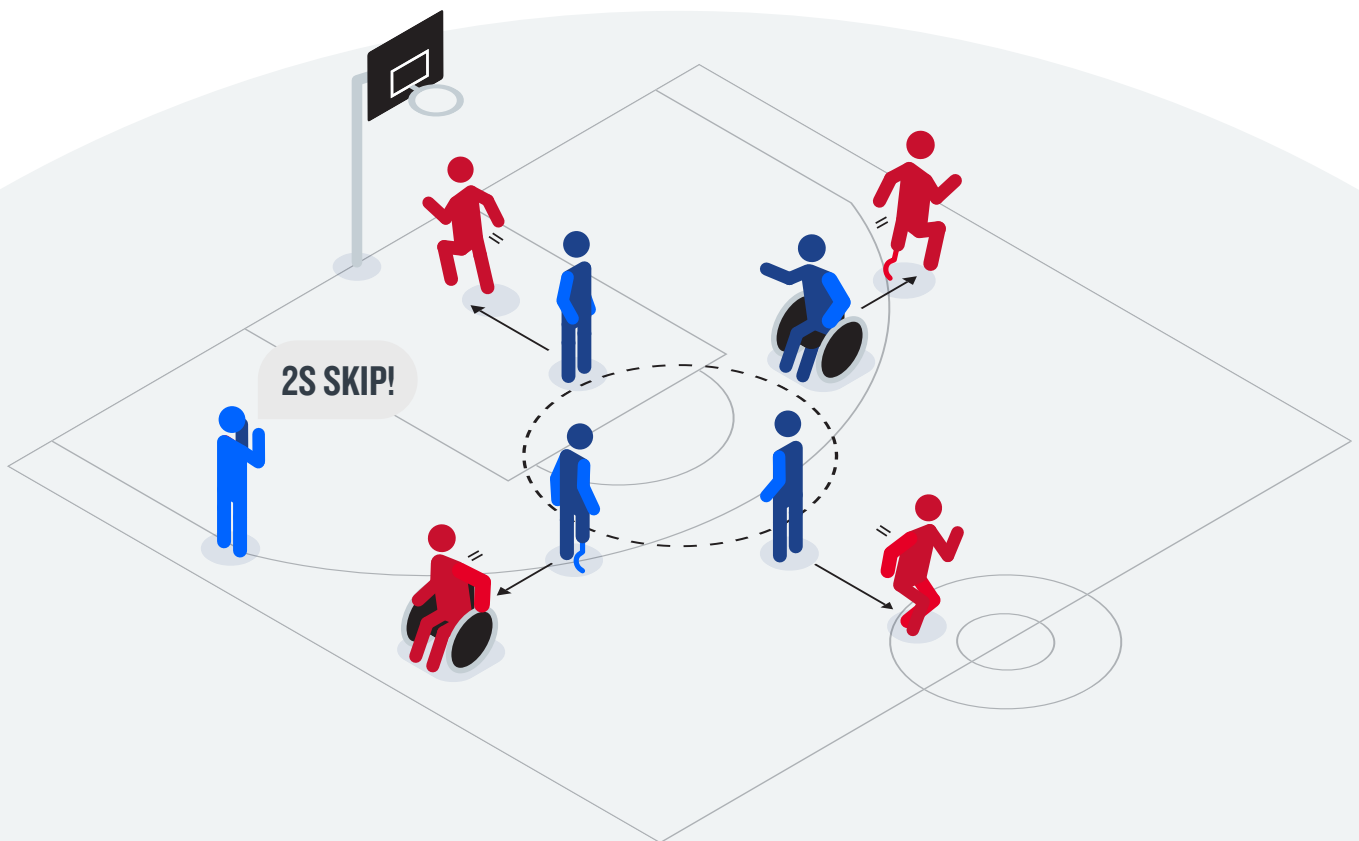
- None.

SPACE

Full court.

SAFETY

- Avoid contact with other players.
- Use non-threatening categories.



HOW TO PLAY

1. **Play in pairs** – Partners 1 and 2.
2. **All 1s** go to the centre of the court, face the centre and close their eyes.
3. **2s** stand next to their partner.
4. Shout “**2s skip**” – **2s** skip away from their partner. (Vary the movement as necessary.)
5. Shout “**Tag your partner**” – **1s** open their eyes and skip to chase after **their 2**.
6. Use a **countdown**, e.g. 10 seconds.
7. If **1s** have not tagged **2s** within the countdown, partners find each other.
8. When partners have tagged or found each other, give them a category and ask them to **share their answer** with each other, e.g. favourite food.
9. **Play again**, with **1s** skipping away.
10. **Repeat X3** times for both partners.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Use a **larger** or **smaller** area.
- Play with pairs in **channels** or **lanes**.
- Allocate **quieter** or **safer zones** for some pairs.

T TASK

- **Vary the movement**, e.g., hop, run, walk, crab walk.
- **Vary the direction**, e.g., forward, zig zag.
- **Increase** or **decrease** the countdown.

E EQUIPMENT

- **Create a slalom** between cones or spots.
- Use coloured flags to **signal** to **1s** and **2s**.
- Use **signs** or **symbols** for categories.

P PEOPLE

- **Play in 3s**: 1 tags 2
- then 1 and 2 tag 3.
- A small group of taggers
- **tags everyone**.
- **Match pairs** by choice or ability or randomly.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Be aware** of other players on the court.
- **Track the movements** of a specific player.
- **React** quickly.
- Adjust your **speed** and **direction**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – be resilient.
- **Social** – communicate with others.
- **Thinking** – evaluate.
- **Creative** – adapt.

KNOCKOUT!

EQUIPMENT

- 1 basketball each.
- Bibs – for half the group.

SPACE

Half court.

SAFETY

- Avoid contact with other players.
- Watch out for loose balls.



HOW TO PLAY

1. Play in 2 teams – **bib** and **non-bib**.
2. Each player walks around the area whilst **dribbling a ball**.
3. When they meet a player from the other team, they **try to knock** the other player's ball out of the area – **without losing control** of their own ball.
4. Players **retrieve their ball** and keep playing but **gain 1 penalty point**.
5. If a player's own ball rolls out of the area, they also **gain a penalty point**.
6. **Play for 60 seconds** then stop.
7. Each team adds up their **total points**.
8. The team with the lowest number of penalty points **wins**.
9. **Play again**.
10. **Repeat** for 5 rounds.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Start with a **larger** or **smaller** area.
- **Reduce the size** of the area after each round.
- Allocate '**no knockout**' zones for some players.

T TASK

- **Vary the speed** of movement.
- **Use alternate hand** if have no or low points.
- **Bounce ball** in stationary pair or small group.

E EQUIPMENT

- **Dribble around** cones spread across the area.
- All players start as non-bibs; players **gain a bib** if their ball was knocked out.

P PEOPLE

- Play as **individuals**, without team scores.
- Play in **smaller groups**, matched by ability.
- Play **against one opponent** in a set space.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Dribble a ball** with control.
- **Be aware** of space and other players
- **Attack** opposing players.
- **Defend** against attacking players.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – be honest and have integrity.
- **Social** – consider other people.
- **Thinking** – concentrate.
- **Creative** – take risks.