



Sports Activity Pack

BASKETBALL



Sports Activity Pack

Active Schools has created this games pack to provide you with ideas for games and specific sports to assist you with school clubs, PE classes or playground activities.

We will continue to add more games and ideas to provide more variety to your sessions and keep the children on their toes.

We would also like to hear from you and add your games/ideas to our pack to share with others, so please use the blank games plan at the back of this pack and send it in to Active Schools at:

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Games, skills & drills

Basketball Drills

- How many different types of passes can they think of?
 - Chest Pass - hold ball against chest with hands at back of the ball and push ball forward
 - Over Head Pass - hold ball behind the head with hands at sides of the ball and throw ball like a football throw-in
 - Bounce Pass - hold ball with hands at back of the ball and pass ball so that it bounces once in the direction of team-mate.
- Get them to work in pairs practicing these different passes.
- In their pairs, get them to go from one end of the gym to the other, dribbling the ball for 3 bounces and then passing it to their partner. At the other end, whoever has the ball, tries to score a basket.

Basketball skills

- Try to get players to shadow a member of the opposite team. When your team has possession of the ball, you have to try and get away from the person “shadowing” you and get into a space, so your team members can pass to you.
- When the opposite team has possession of the ball, you must make sure you stick very closely to the person you are shadowing, so that they can not get the ball.
- Try giving players bibs with numbers. Then tell them that only the player with say number one can score. Once they have, change the bibs, so that another player gets to score.
- You can also try splitting the gym hall into zones. Each child has an area that they must stay in. This can help them to understand that it is easier to get the ball if your in an open space and that you must pass the ball to other people in your team.

Games, skills & drills

21 Game:

- Divide children into 2 teams
- Both teams shoot to one basket, so position teams facing forwards to basket at either side of basket
- Each player dribbles to net and shoots & then dribbles ball back and passes to next person and returns to end of line – do this 3 times each.
 - 2 points = if ball goes in basket
 - 1 point = if ball hits rim or backboard but does not go in
 - 0 points = if ball does not go in or hits rim/backboard
- Always bring ball back to next person in line and return to back of the line to await next go

ADAPTATION:

- Introduce a time limit, e.g. how many points can be scored in a given time
- Introduce different shooting positions where each child shoots from and then moves to next position and so on.

Dribble that Space:

- Divide a set area into 2 equal large areas and a smaller narrower area going across court (this is the Tagger Zone)
- Choose 2 or 3 taggers to stand in the Tagger Zone with a ball each.
- Other children stand at end of court with a ball and must try to dribble up and down the court 5 times, dribbling through the Tagger Zone each time.
- Taggers must stay in the zone and try to tag the other players.
- Once children have completed their 5 runs they stop. The winner is the person with the fewest tags.
- Change taggers

ADAPTATION:

- Taggers must try to knock other player's ball out of the court
- If they do so players lose a life, players have 3 lives
- Introduce more / less taggers
- Make the area smaller / larger as appropriate

Games, skills & drills

Skittle Basketball:

- Mark out a large square with a skittle in the middle.
- A bench placed at either end of the hall (one for Team 1 and one for Team 2).
- 2 teams, split so that half the team is diagonally opposite the other.
- Stage 1 – each team has a ball (try different types, e.g.: football, tennis, rugby...) and tries to hit the skittle.
- If the skittle is missed the ball will go through to the first player opposite.
- Take turns until skittle is hit.
- Stage 2 – When skittle is hit, both teams run to their designated bench,
- Half stand on one side of the bench and half on the other. Race to zig zag chest pass across the bench, up and down OR line up at bench and one after another take one shot to score a basket
- 2 points for hitting skittle and 1 point for winning race.
- First to 10 points.

Slalom Shoot Relay:

- Divide children into teams
- First person in each team dribbles ball in and out of the cones and stops at the shooting line and shoots at the basket/target
- Each player dribbles and shoots (1 point per basket) and then dribbles back and passes ball to next person in team – 3 shots each
- Time limit can be set or allow children to have same number of shots.

ADAPTATION:

- Introduce different shooting positions where each child shoots from and then moves to next position and so on.

Games, skills & drills

Cat and Mice:

- Divide children into teams of 3 or 4
- In each team there is 1 cat and the remaining children are mice.
- Mark out a coned area
- All children have a basketball and begin dribbling within coned area
- On command each cat in each team has 30 seconds to tag their own mice.
- Once tagged, mice dribble to side of coned area and stay there until game is finished
- The winner is the Cat who can catch all or as many as they can in the 30 seconds.
- Repeat with same cat then change

Zone Passing:

- Divide area into 4 equal parts.
- Divide children into teams of 4
- Member of each team stand in one of 4 equal areas and must stay their during game
- Team 1 starts with ball and must try to pass to each player in their team
- Team 2 try to intercept ball
- Attacking team can dribble and pass
- Attacking team must try to complete as many consecutive passes in 30 seconds/1 minute.
- If defending team touch or catch ball the passing starts again for attacking team.
- After time limit attackers become defenders.

ADAPTATION:

- If defending team intercepts ball, attacking lose a pass from the consecutive pass score

Games, skills & drills

Movin':

- Divide children into 2 teams
- Team 1 start at one end of court with ball
- Team 2 stand at other end of court
- Team 1 must try to dribble and pass their way to other side of court, whilst team 2 tries to steal or intercept ball.
- If Team 1 reaches other side they get a point and try to return to their start line and continue until they reach 5 points.
- If Team 2 steal/intercept ball they receive a point.
- The first team to get 5 points wins.

ADAPTATION:

- Once attacking team has reached end line they can attempt to score a basket or throw to a target.

King / Queen of the Ring:

- All players start with basketball each and find a space in a set area
- On the command players must dribble at all times around coned area avoiding contact with other players
- When teacher shouts 'King of the Ring' players must protect their ball, but also try to knock other players' basketballs out of the coned area.
- If your basketball is knocked out of the area you lose a life.
- Each player starts with 10 lives
- After set period of time check who has most lives left, repeat and try to beat own score.

ADAPTATION:

- Make the area smaller / larger as appropriate
- Choose set 'catchers' so not everyone is a catcher

Games, skills & drills

Killer:

- Each player starts with a basketball lined up one behind the other about 3 metres from basket.
- First player shoots and tries to score, once they have had their first shot the next person can shoot.
- If the first person gets a basket before the person behind they are safe, but if the next person scores before the person in front the person in front loses a life (3 lives in total).
- The third person can only shoot once one of the 2 players shooting have scored.
- Players must continue shooting until they score a basket.
- This cycle continues until there is a winner.

ADAPTATION:

- Reduce / add number of lives
- Increase / decrease distance from basket as appropriate
- Teams keep scores of number of baskets

Tadpoles:

- Divide children into 2 teams, Team 1 stands in a circle with one ball; Team 2 stand one behind each other at other side of court.
- On signal Team 1 must pass basket ball round circle and keep count of the number of successful passes. Team 2 dribble the ball round cones laid out, one at a time.
- Once each player in Team 2 has been once they shout 'STOP'; Team 1 must then stop passing.
- Team 1 and 2 swap places and Team have to then beat Team 1's passing score.

ADAPTATION:

- Instead of passing the ball round in a circle players can shoot for baskets (to ensure each player gets a shot, the dribbling team may need to run twice each).

Games, skills & drills

Line Basketball:

-  Divide the class into two lines of players facing each other.
-  Number each player in each line e.g. 1-10 (possibly match players of similar basketball ability with each other) and allocate a basket for each team.
-  Place two basketballs in between the lines which are approximately 3 metres apart facing each other.
-  Call out a number from 1-15 and those two players with that number must race to the 2 basketballs in front of the two lines of players (half way into each line).
-  Once a ball is retrieved by the two players (i.e., #7's), they chest pass the ball to each player in their team down their line towards their basket.
-  One player passes to their teammates one way, the other team passes the other way.
-  Once the players have passed to each team member they shoot at their team's basket from the set mark. The first player to get a basket gets one point for their team.
-  If a player misses, he/she keeps shooting until one of the basketballs goes in from the two competing players.
-  After a basket has been scored, both balls are returned to the centre between the two lines facing each other.
-  Play the game up to 10 points or for a certain length of time.

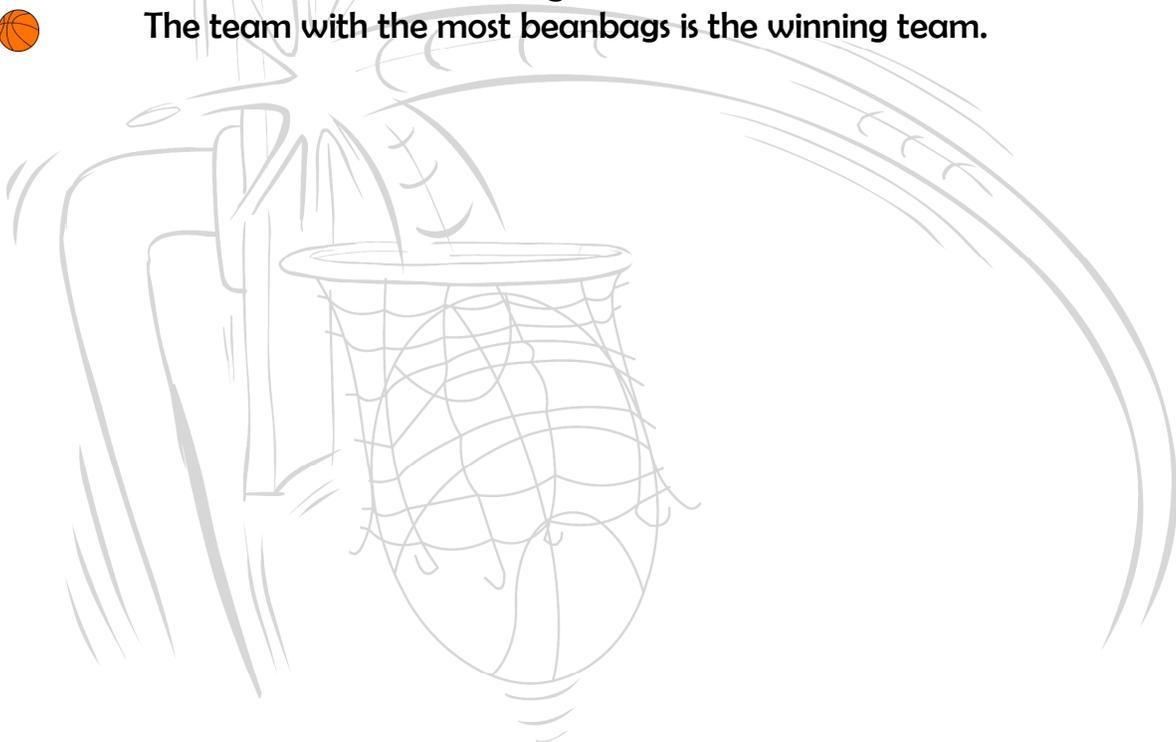
ADAPTATION:

-  Instead of passing the ball to each team member, players can dribble round all team members before shooting

Games, skills & drills

Beanbag Dribble:

-  Divide the class into 2-4 teams and line them at one end of the court.
-  Children will line up one behind each other in their teams with a basketball at the lead player.
-  Scatter beanbags at the end third of the court, enough so there is 2 or 3 times more than the number of players e.g. 10 players 20 or 30 beanbags
-  On signal first player in each team dribbles basketball out towards the beanbags, picks up a beanbags whilst still bouncing the ball and returns to their team.
-  The next player in the team then does the same and the game continues until all the beanbags have been collected.
-  The team with the most beanbags is the winning team.



Game Plan

Please provide details of a game that you have used and has worked well, so that we can add it to our activity packs and allow others to try the game out.

Name of Game: _____ Age Group: _____

Equipment:

Aims of the game:

Instructions:

Rules:

Adaptations to Game:

Evaluation:

Game Plan (example)

Please provide details of a game that you have used and has worked well, so that we can add it to our activity packs and allow others to try the game out.

Name of Game:	Number Basketball
Age Group:	P4-P7
Equipment:	2 sets of baskets 1 basketball Bibs
Aims of the game:	to score a basket when your number is called out
Instructions:	Set out 2 goals at either end and 2 seating areas at either side Divide children into 2 teams Each child is given a number e.g. 1 to 5 Call out a number and children with that number run out and try to score in their basket Once goal is scored children return to their area and another number(s) is called out.
Rules:	Children can only score in their basket Children can only run out when their number is called Children cannot foul a player/double dribble/travel
Adaptations to Game:	If there are odd numbers of children give one child 2 numbers (Note: remember those 2 numbers to avoid a 2 child v 1 child game) This game can be used for other sports e.g. football or unihoc
Evaluation:	Involves all children; children of similar ability can be matched up; games can be varied e.g. 1 v 1, 2 v 2, etc.