



BASKETBALL ENGLAND

ACTIVITY CARDS



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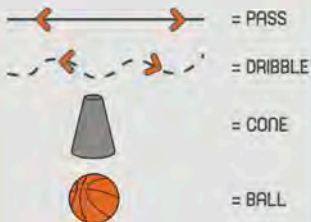
INTRODUCTION AND KEY TO DIAGRAMS

The Activity Cards in this pack have been developed as a resource to support you in planning and delivering basketball sessions.

Basic Basketball Rules:

- Minimal contact
- 1 dribble only
- Cannot change pivot foot
- Only 1 step with ball

KEY:





SAFETY IN BASKETBALL

1. Equipment should comply with Basketball England regulations, be Basketball England approved and in good condition.
2. Equipment should be stored away from the activity area.
3. Players should wear appropriate clothing.
4. Players should not be wearing jewellery.
5. The court should have a safe surface free from debris and obstructions.
6. The court should have the correct markings where possible (as not available in all schools).
7. A warm-up should be included at the start of the activity to maximise body efficiency and prevent injury.
8. Use of space: participants should be spaced carefully so that they do not cause injury. Avoid collisions in practice by thinking about the layout.
9. A Cool down should be included at the end of the session to calm bodies and minds.
10. Keep to rules for safety: the rules of basketball are there to ensure the safety of all participants.

See www.basketballengland.co.uk for more information.



KING OF THE COURT

Equipment

Ideally 1 ball to each player in the group.

How to Complete

Limit the activity to a confined area. Players dribble around the area and try to knock away another player's ball whilst maintaining control of their own ball. A player who dribbles outside or loses possession of their ball outside the designated area is out. The winner is the last player who kept a continuous dribble.

Coaching Points

Use free hand to knock away the ball of another player. Keep head up and look for space where others are not.

Variations

Size of playing area. Reduce playing area as players are eliminated. Impose 'chasers' who do not have a ball. They endeavour to steal ball without making fouls.



DRIBBLE RELAY

Equipment

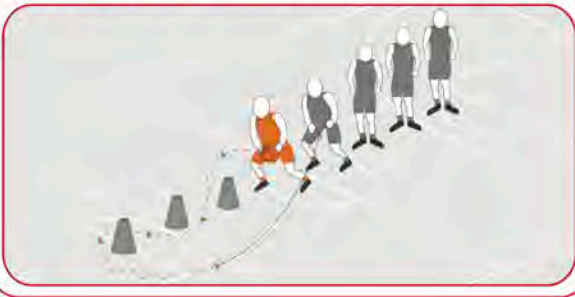
1 ball to each group.

How to Complete

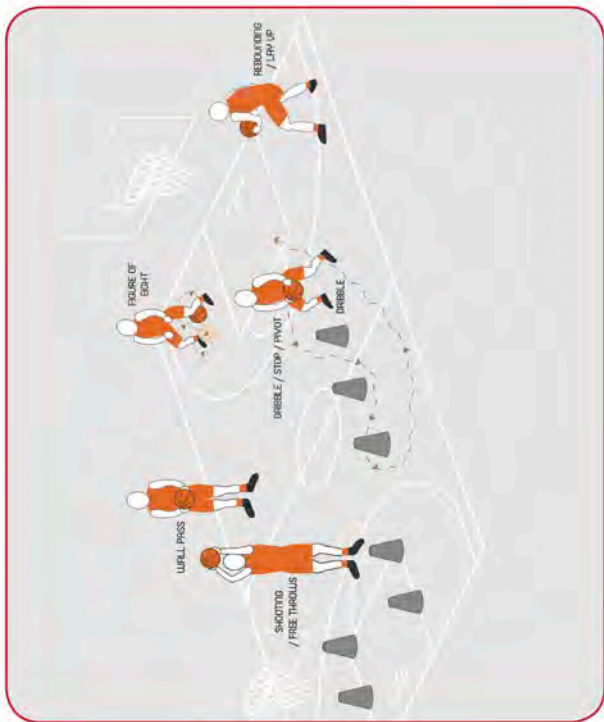
Player 1 dribbles in and out of cones, there and back, once they have reached the first marker they make a pass to the awaiting player. Once they make the pass they join the back of the line.

Variations

Put cones closer together. Easier - put cones further apart. Change the distance to make the pass from. Make the situation competitive against other groups.



BASKETBALL CIRCUIT





BASKETBALL CIRCUIT

Equipment

Cones. Balls. Hoops.

Activities

Shooting – 4 cones placed on floor. Shooter shoots, collects ball and moves to next spot.

Dribble – Dribble in and out of cones, there and back. Change hands as player passes each cone.

Figure of Eight – Ball familiarisation activities. Change pattern, rhythm, use bouncing and rolling.

Lay-Up to Score – start 5 metres from basket dribble in and shoot, dribble back to starting point; repeat. Left and right lay-ups.

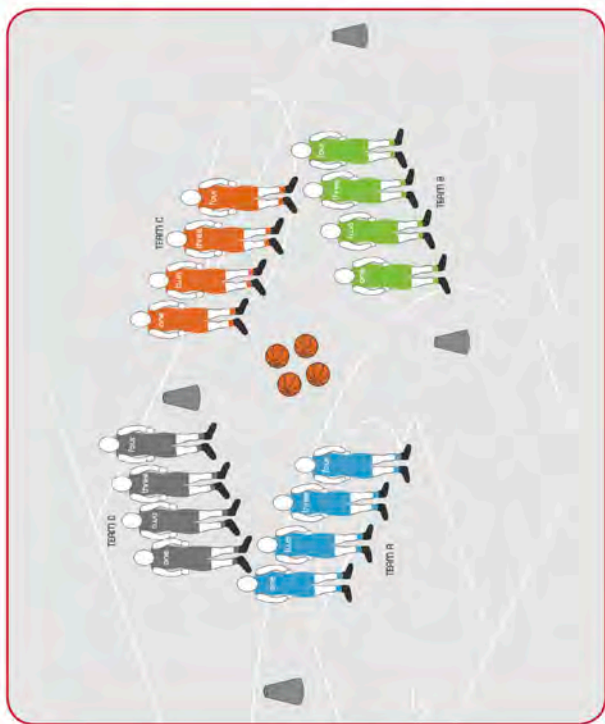
Free Throws – shoot from free throw line. Rebound and pass to next shooter.

Rebounding – lob onto backboard, jump, land, shoot to score; repeat.

Wall Pass – 3-4 metres from wall. Rapid passes to wall.

Dribble, Stop, Pivot – Dribble 4 metres, stop (1-2), pivot, dribble back, stop (jump), pivot; repeat.

BOX BALL





BOX BALL

Equipment

Cones. 4 Balls.

How to Complete

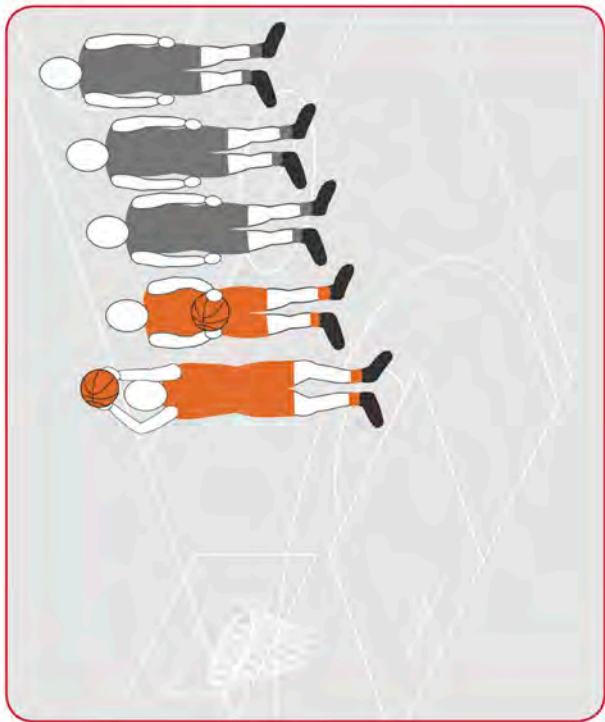
3 / 4 players per team. Each team member assigned a number. Teacher/coach calls out a number and the players from each team with that number must run around the outside of the square in an anti-clockwise direction. Once they get back to their original space they enter the square and collect one of the balls and make a designated pass to someone in their team.

Variations

Pass and receive to all players in the team. Make the square bigger to allow players to dribble back to their team.



KNOCKOUT





KNOCKOUT

Equipment

2 Balls, 1 per team.

How to Complete

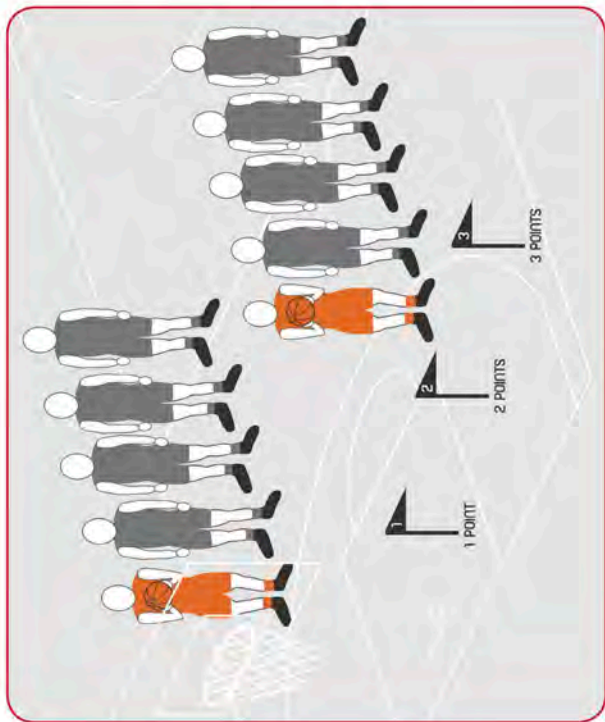
Groups of 5 works best. Players line up behind free throw line. The first two players have the balls. The game begins when player 1 takes a shot. Players 2 will shoot immediately after player 1. If player 1 was successful they pass the ball to the next person in line for them to begin shooting. If they were unsuccessful they quickly retrieve the ball and attempt another shot. They keep doing so until they score. **HOWEVER**, as player 2 has begun shooting, if they score before player 1 then player 1 is knocked out. Therefore, a player is knocked out when the player that began shooting after them makes a basket before they do.

Variations

In order for a player to move with the ball, stipulate that they must dribble. Introduce a form of strikes, 3 is usually good. When they get a knockout they lose a strike. Reduce hoop height or distance for younger players.



SHOOT 2 1





SHOOT 2 1

Equipment

2 Balls, 1 per team.

How to Complete

A game played by 2 teams, 3-4 players per team. Players line up outside three point line. One at a time players decide whether to shoot from three point line, to dribble and shoot inside the three point line or dribble and score a lay-up. The decision made by the player can be a tactical decision.

Scoring

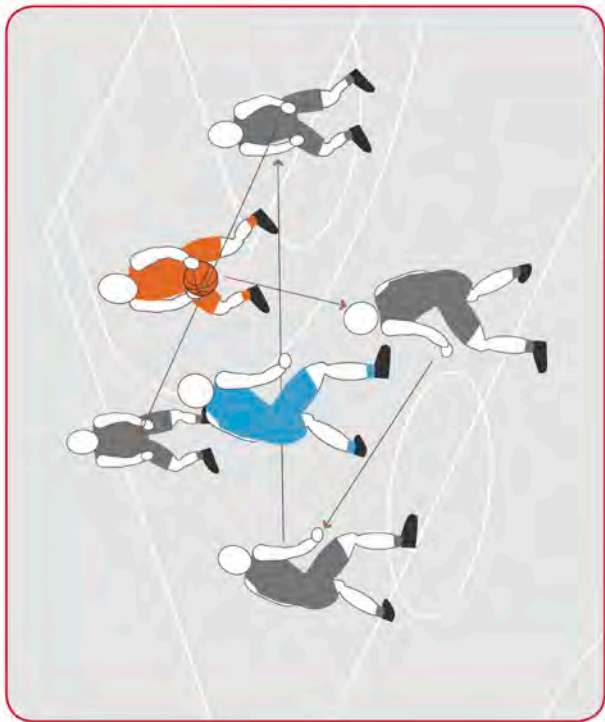
3 points for a successful shot from three point line, 2 points for a successful shot inside the three point line and 1 point for a successful lay up shot. Players collect their own rebound and pass the ball to the next player in their team. First team to 21 points wins.

Variations

Change the amount of points, scored for each type of basket, i.e. make points more to award performers who are less able. Use floor markers to set shooting positions. Reduce hoop height for younger players.



BULL IN THE RING





BULL IN THE RING

Equipment

1 ball per group.

How to Complete

Players make a circle around the defender – the 'bull'. Players on the outside of the circle aim to pass the ball across the circle without the defender intercepting the pass. A player who makes a pass which is intercepted by the 'bull' changes place with the 'bull'.

Coaching Points

Pass and catch with two hands. Keep the ball moving. Use fake passes.

Variations

Add another 'bull'. Stipulate a certain type of pass to be used. Do not allow passes to the player next to you.



CATS AND MICE

Equipment

1 ball for each mouse.

How to Complete

2 teams take part with 4-6 players on a team. One player on each team is designated as the 'cat' the others are 'mice'. Each mouse has a ball and must dribble at all times when moving. On the start signal the cat endeavours to tag each of their own mice. Once mice are tagged they move to the sideline to signal they are been caught. First Cat to tag all their mice is the winning team.

Variations

Play opposite so that the team with the most cats left on court wins, e.g. Cats now have to eliminate the oppositions mice of the court and protect their own. Define larger or smaller playing areas. Increase team numbers.



MIRROR, MIRROR

Equipment

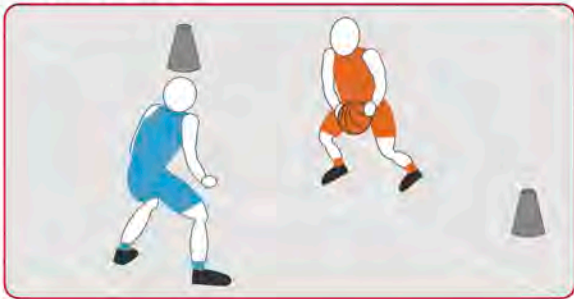
Cones.

How to Complete

Set 2 cones about 5m apart. The players stand facing each other, one is an offensive player and the other is a defensive player. The offensive player moves from side to side between the cones and tries to get away from the defender. The defender tries to stay with the offensive player by mirroring. Do this for 30 seconds, rest and switch roles.

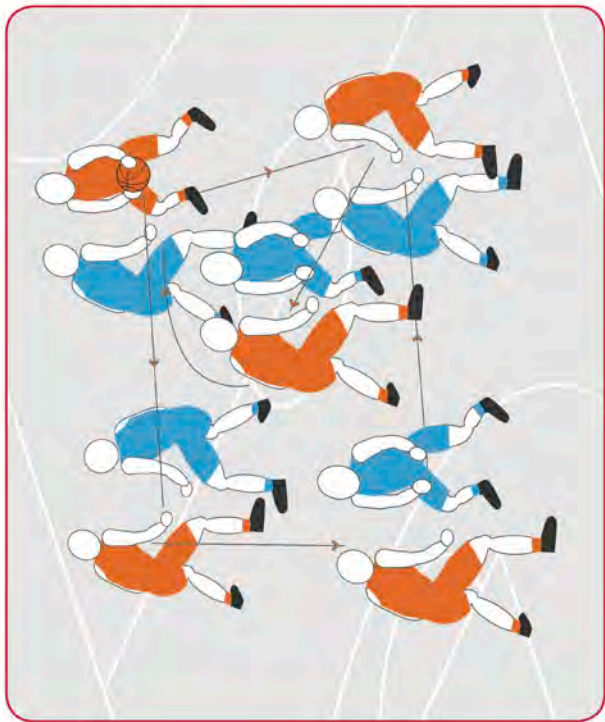
Variations

Players face the same way so that the defender can't see where the offensive player is and has to look over their shoulder so they can see where to go. Use when dribbling has been introduced.





CONSECUTIVE TEAM PASSING





CONSECUTIVE TEAM PASSING

Equipment

Balls.

How to Complete

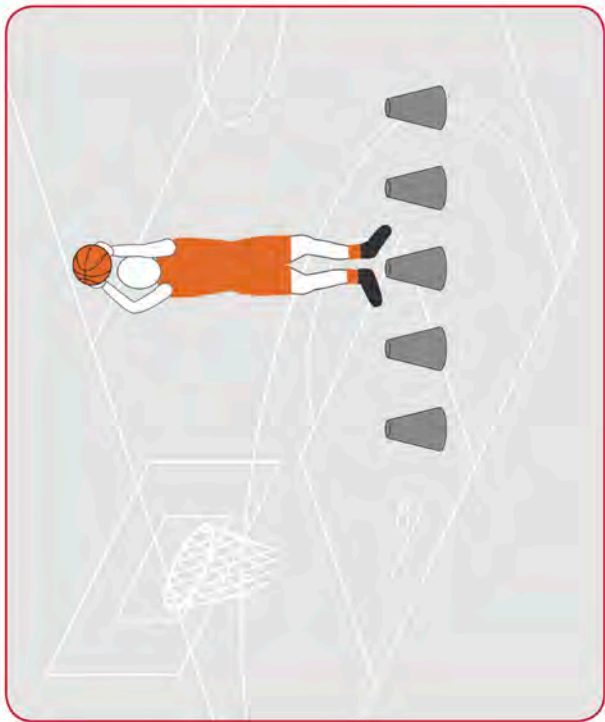
2 teams- team size can be between 2-5 players. Specify a playing area, i.e. a badminton court. If more than one game is taking place this is crucial for the safety of participants. The object of the game is to retain possession of the ball. Team with most consecutive passes without dropping or having a ball intercepted wins. A dropped or intercepted ball means possession changes to the opposing teams. During early stages players are not allowed to dribble. Discourage teams from continuous calling out for the ball; use names only when players are in open space.

Variations

Rules can be modified as teams ability and experience increases, i.e. encourage pivoting when waiting to pass. Award an extra point for every 5 consecutive passes.



FURTHER AND FURTHER





FURTHER AND FURTHER

Equipment

Baskets. Floor markers or cones. Ideally 1 ball per person.

How to Complete

Start one pace from the basket. Shoot from this position. If the shot was successful take the next shot one step further away from the basket. Keep taking steps back if each shot is successful. If the shot was unsuccessful move one step closer to basket.

Coaching Points

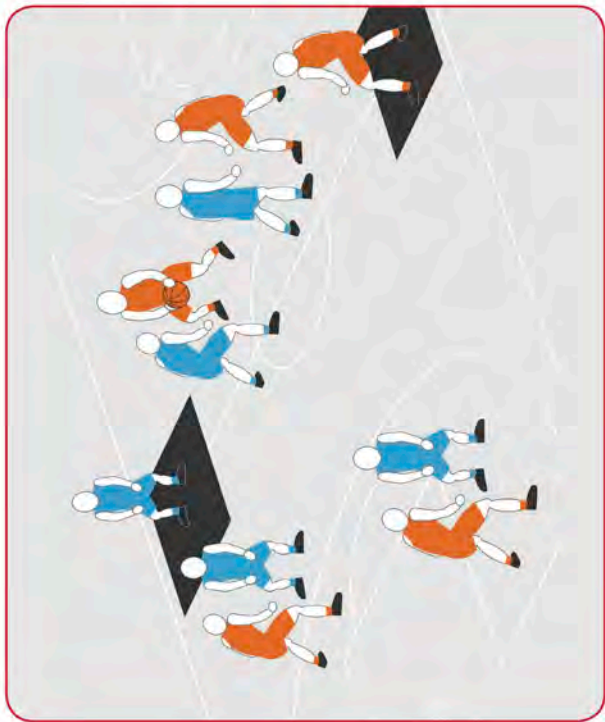
Concentrate on single aspects of the technique. Only take short steps, avoid striding back. Only step out to a comfortable distance, as going too far back may result in many failures which is potentially detrimental to a players development.

Variations

Use a partner to make a pass to a player and then take a shot.



MAT BALL





FURTHER AND FURTHER

Equipment

Baskets. Floor markers or cones. Ideally 1 ball per person.

How to Complete

Start one pace from the basket. Shoot from this position. If the shot was successful take the next shot one step further away from the basket. Keep taking steps back if each shot is successful. If the shot was unsuccessful move one step closer to basket.

Coaching Points

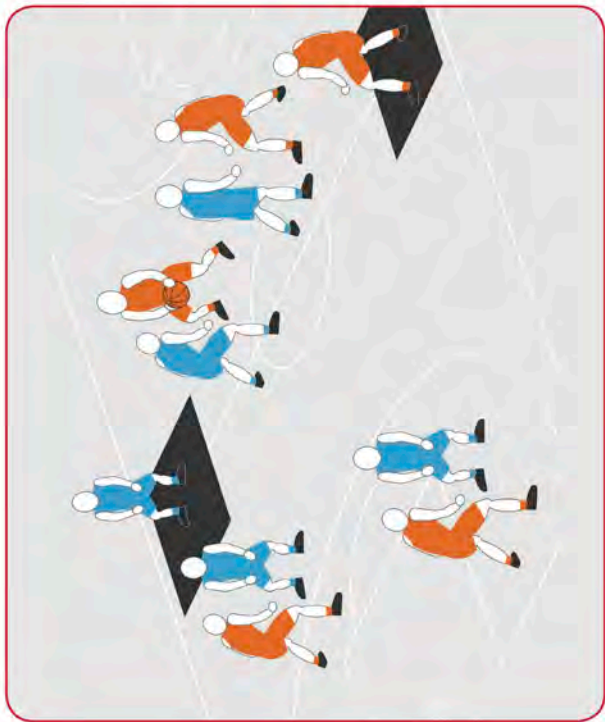
Concentrate on single aspects of the technique. Only take short steps, avoid striding back. Only step out to a comfortable distance, as going too far back may result in many failures which is potentially detrimental to a players development.

Variations

Use a partner to make a pass to a player and then take a shot.



MAT BALL





MAT BALL

Equipment

Cones/hoop/mats 1 ball per game.

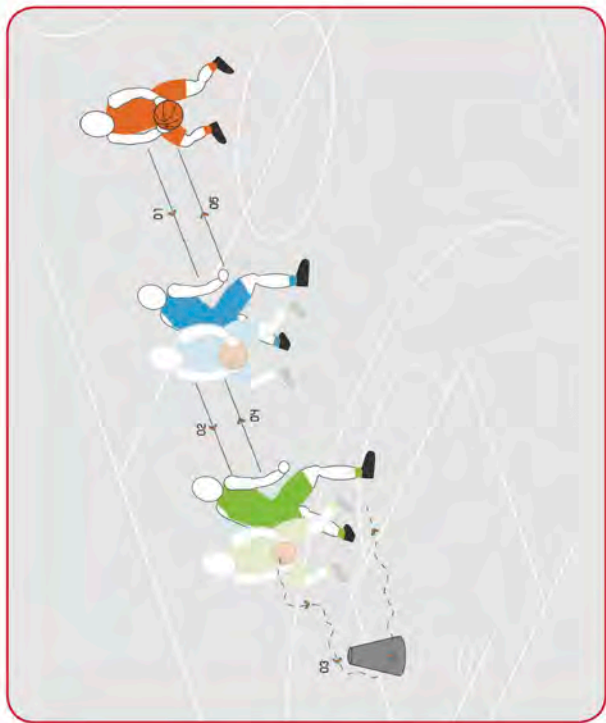
How to Complete

2 teams with 5 players per team. 1 player from each team is stationed in the middle of a mat. The rest of the team endeavour to get the ball to this player in order to score. Teams are competing therefore the principle of attack and defense is used. It is at the teachers/coaches discretion as to where the mat is placed. If a mat is unavailable then a hoop or similar can be used providing that it safely shows where the receiver can stand.

Variations

Introduce more rules as teams get more confident and more able, i.e. introduce dribbling. Increase or decrease the size of playing area. Change the size of teams.

PASS, PIVOT, PASS





PASS, PIVOT, PASS

Equipment

1 ball per group.

How to Complete

This drill combines the pivoting and passing motions, and gets the players used to using their correct pivot foot. Working in 3's. Players spread out along a line. Player 1 passes to player 2. Player 2 catches pivots and passes to player 3. Player 3 catches, dribbles to cone, attempts a shot, collects rebound, dribbles back to original position and passes back to player 2. Player 2 catches; pivots and passes back to player 1.

Variations

Change positions of players within drill. Change position as player 3 dribbles for shot; player 2 takes place of player 3, player 1 move to position 2 player 3 will dribble to position 1 after shot instead of passing down the line.

PIGGY IN THE MIDDLE

Equipment

1 ball per group.

How to Complete

Split into groups of 3. Have the thrower and receiver stand at cones 10m apart with the 3rd player – 'piggy' in between them. The aim is to connect the passes without the 'piggy' intercepting the ball. On an interception the player who threw the ball swaps with the 'piggy'.

Variations

Use a particular type of pass. Encourage defender to anticipate what the thrower may do and adjust position accordingly. Add a 2nd defender.

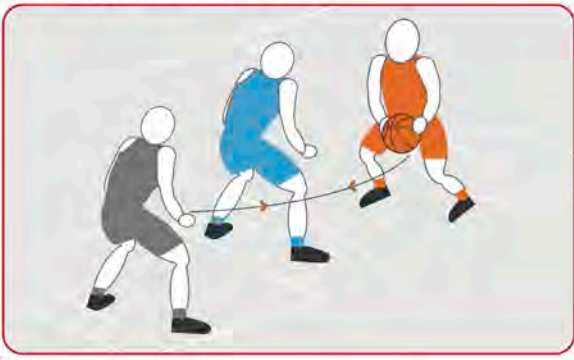




FIGURE OF EIGHT

Equipment

Ideally 1 ball per player.

How to Complete

Stand with feet shoulder width apart. Circle the ball between and around each leg in a figure of eight pattern. Concentrate on achieving good rhythm.

Variations

Change the direction of the figure. Introduce dribbling to the figure of eight pattern. Practice while on the move. Partner can count number of circuits completed in a set time.





GOLF

Equipment

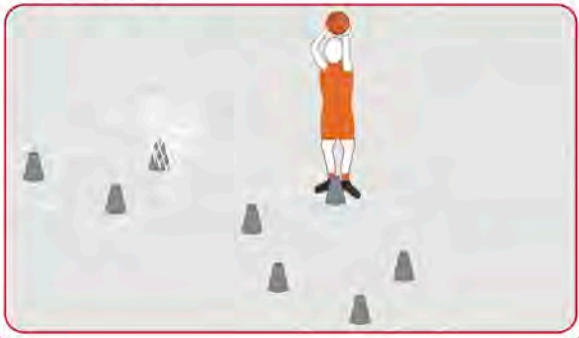
Ideally 1 ball per player.

How to Complete

Mark a series of spots around the basket. Each player shoots from each position and continues to do until they score. On a successful shot they move to the next hole. The amount of shots until successful per hole are added together to give the player a score. Complete in fewest possible shots to win.

Variations

Alter the distances depending on players' ability. Introduce a dribble from a position to each of the spots before shooting.





PASSING CIRCLE

Equipment

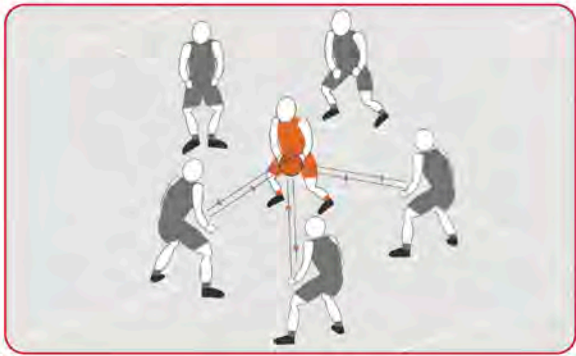
Ideally 1 ball per player.

How to Complete

Players stand in a circle with one in the middle. Players on the outside stand with their hands behind their back. As pass is made they catch the ball without letting the ball bounce on the floor. Pass back to player in middle.

Variations

Throw ball at different heights. Make competitive by faking a pass – if player puts hands out on a fake pass they sit down, works well in smaller groups as waiting time is less.





STOPPING IN PAIRS

Equipment

1 ball per pair.

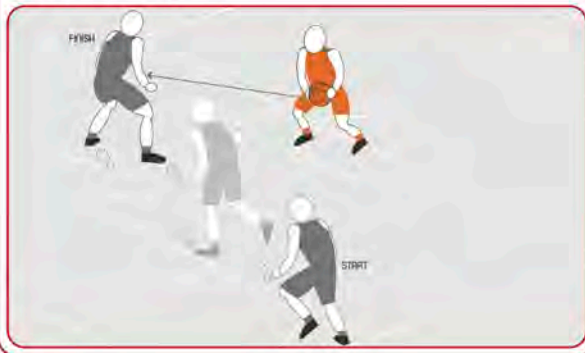
How to Complete

In pairs. Player 1 runs forward and receives a pass from player 2. Player 1 executes a stop on receiving the ball, pivots and passes back to player 2. Reset the practice; repeat 5 times and swap over.

Variations

Develop the drill by;

- After the stop, player 1 will dribble forward while player 2 runs forward and in front to receive a pass from player 1.





1 v 1 DRIBBLE

Equipment

1 ball per pair.

How to Complete

In pairs, attacker has ball. Aim to try and get past the defender to the finish line. (Can use markers or points on a court). Attacker dribbles the ball while opponent tries to steal the ball without causing contact. Players change when dribble is lost, defender makes a steal or on signal from coach.

Coaching Points

Watch defender. Change direction. Protect the ball by keeping the body between ball and the defender.

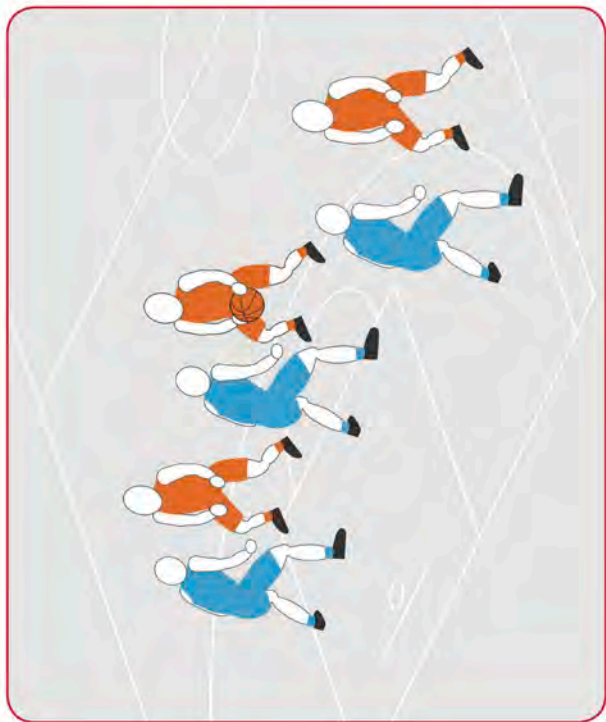
Variations

Advanced players can work 2 v 1 – 2 attackers, 1 defender. Players can implement passing and dribbling.





3 v 3





3 v 3

Equipment

1 ball per game. ½ court.

How to Complete

3 players per team. Team A attackers, Team B defenders. The attackers start with ball and aim to score. Defenders try and stop a score. If defenders succeed, roles are reversed. Start play at top of court after each score or switch of roles.

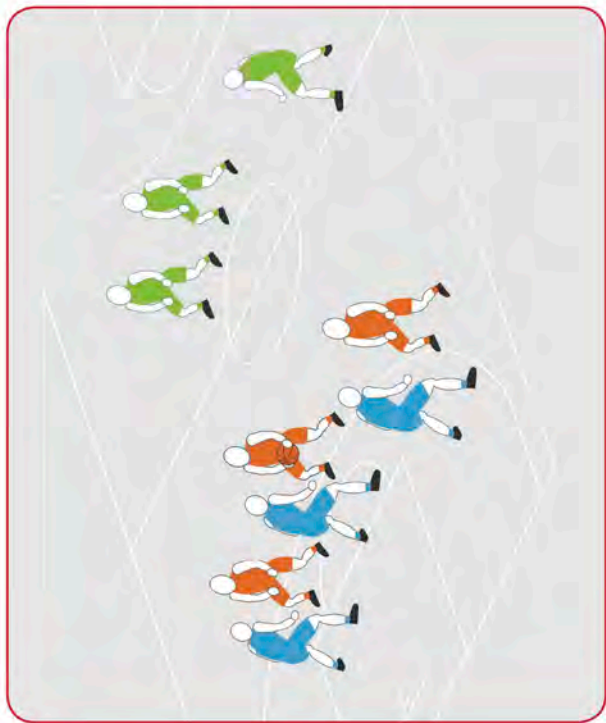
Variations

No dribbling. Pass 7 times before shooting. Can only make a lay-up with left hand. Limit dribbles – 5 bounces. Same person can't score more than twice in a row. Can't steal ball off person holding it. No players are allowed in the key. Conditions and rules can be used for 2v2. 4v4.

TAKE6 (mini-basketball) and FIBA 33 are variations for the basic 3v3 game.



3 v 3 v 3





3 v 3 v 3

Equipment

1 ball per game. Full court.

How to Complete

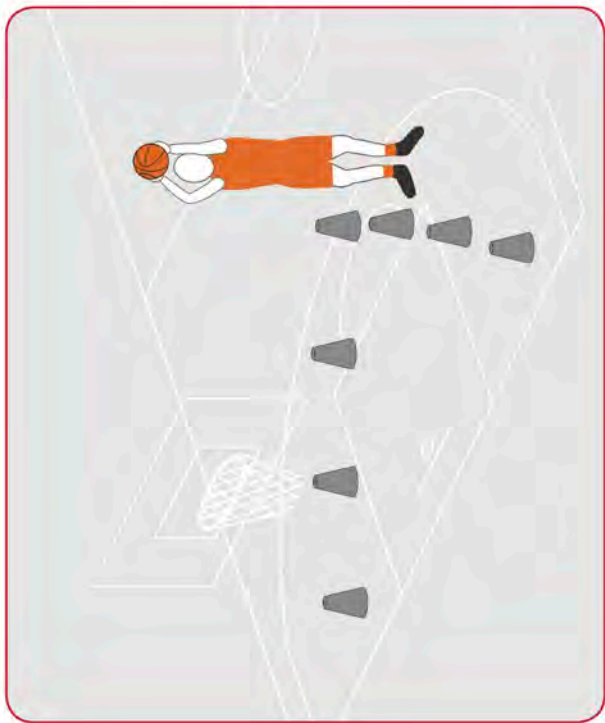
3 teams of 3. Team A starts with the ball aiming to score in a designated basket against Team B. After a score or if the defence (Team B) is successful, then Team B takes the ball to the other end and plays against Team C. Game continues back and forth.

Variations

No dribbling. Can only make a lay-up with left hand (for right-handed players – switch for left-handed players). Limit dribbles – 5 bounces. Same person can't score more than twice in a row. Conditions and rules can be used for 4v4v4.



AROUND THE WORLD





AROUND THE WORLD

Equipment

1 ball per pair.

How to Complete

A practice for 2 or more players. Shooting positions are agreed – as in the diagram for example. The first player shoots from position 1, if successful moves to the next position for the next shot and so on. When a shot is missed the next player takes a shot until they miss. The first player to score from all positions is the winner. Players rebound their own shots.

Coaching Points

Follow through on shot. Concentrate on basket. Flight the ball upwards to score. Follow the shot and rebound the ball.

Variations

Use different types of shot. Introduce a defender. Change positions of players, so all players get a chance to dribble and shoot. Change position of the shooting markers.



ROUND ROBIN TOURNAMENT

	TEAM 1	TEAM 2	TEAM 3	TEAM 4
TEAM 1				
TEAM 2				
TEAM 3				
TEAM 4				

	WINS	LOSSES		
TEAM 1			1st PLACE	
TEAM 2			2nd PLACE	
TEAM 3			3rd PLACE	
TEAM 4			4th PLACE	

Written and Edited by Brian Aldred and Emma Wagstaff.

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