

# BASKETBALL

## WHAT IS BASKETBALL?

Basketball is essentially a game of getting 1 ball into 1 basket to score points. **Mini-Basketball** has the same goal, but on a smaller court with lower baskets. Both sports are very popular at many of our elementary and high schools and offer plenty of learning opportunities. From individual skills such as **dribbling** and **throwing the ball into the basket** to team skills such as **passing**, **scoring** and **quick counter attack**, this sport is full of challenges that young people will enjoy taking on.

## EQUIPMENT



1 basketball per player



Baskets



Flat cones



Numbered jerseys (t-shirts in the same colours)



1 stopwatch



Hula hoops

## HOW TO MAKE THIS ACTIVITY A SUCCESS



Provide **enough equipment** for everyone to get their hands on the ball.



Look up when **dribbling** (for a better overall view and fewer risk of collisions with other players).



Use **two hands** for both dribbling and throwing the ball into the basket.



Make sure you make **eye contact** with your teammate before passing the ball



Keep **two arm lengths away** from the dribbler and give him **five seconds** to act (easy defensive play).



With younger children, use rubber balloons to make ball handling drills easier.

## THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



To play **outdoors**, use **more than one basketball net** and practice on a **flat, hard surface** to make dribbling easier. If there is gravel and/or any obstacles, you should remove them before playing.

## WARM-UP

### THE LINES



EQUIPMENT: 1  per player, some  and lines on the ground

**OBJECTIVE:** Moving while dribbling, keeping your head up to avoid the taggers.

Use the lines on the ground (or draw them) and place a few cones to block the paths to take. Select 2 taggers (without a ball) who must try to tag the other players with the ball. When someone is tagged, they must sit down with their legs crossed on the line and become a barrier. When two players face each other on the line, do a challenge (like three frog jumps) before heading back in the opposite direction.



#### VARIATIONS:

- Vary the **footwork** (e.g., jab steps, crossover steps and one-legged jumps).
- **Dribble** with your right hand, left hand and both hands alternately.
- Suggest other **challenges** when 2 players face each other:



PASS THE BALL IN A FIGURE-8 PATTERN BETWEEN THE LEGS



ROLL THE BALL AROUND THE WAIST



ROLL THE BALL AROUND THE KNEES

## WARM-UP

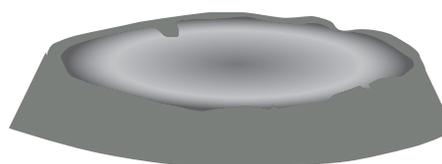
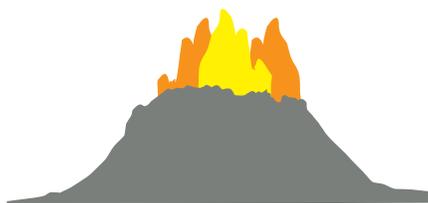
### THE VOLCANOES & THE CRATERS



EQUIPMENT: 1  per player, 40  and 1 

**OBJECTIVES:** Move with the ball and dribble at different heights.

Spread **40 flat cones** over a **20 m x 20 m** area. Place **20 cones right side up** and **20 cones upside down**. Divide the group into **2 teams**: the **VOLCANO** team must turn the cones into volcanoes (right side up) while dribbling and the **CRATER** team must turn the cones into craters (upside down) while dribbling. Limit yourself to 5 seconds near the same cone. Play for 1 minute, then switch teams.



#### VARIATIONS:

- Vary the **size of the court** (larger = run more OR smaller = more obstacles, difficult dribbling).
- **TWO AREAS**. Divide the court into two areas and place **10 cones** on each side. Dribble across the center line, pick up one cone and bring it back to your side of the court.



Note: Don't **double dribble** (touch the ball with 2 hands at the same time or stop and start again).

## THE ZONES



EQUIPMENT: 1  per player and some 

**OBJECTIVE:** Protecting the ball from multiple opponents in a confined space.

Form **3 zones** (1 large, 1 medium and 1 small) with cones. The zones can be round, rectangular or square. All players start in the largest one. **Dribble** and keep control of your ball as long as possible. Eliminate other players by knocking their ball out of the way with your free hand. If you succeed in eliminating a player, you must move to the next zone (medium, then small). If you stop dribbling, go out of bounds or lose the ball, you must move to the previous zone (or stay in the large zone, if you were already there).



### VARIATIONS:

- **DUEL.** Create a multitude of courts with 4 players. Create duels (**one-on-one games**). As soon as a player loses control of the ball, the next player faces the winner.
- **2 VERSUS 2.** Create a multitude of courts with six players. Have two pairs play against each other (**two on two**). As soon as one pair loses control of the ball, the next pair enters the game to face the winner.
- **OUTNUMBER.** Make it easier to **attack** (e.g., two on one) or **defend** (e.g., one on two) by using an odd number of players.



Place your body between your opponent and the ball to protect it. If you touch your opponent's hands or arms while trying to take the ball from him, it's a FOUL!

## TECHNICAL ACTIVITY

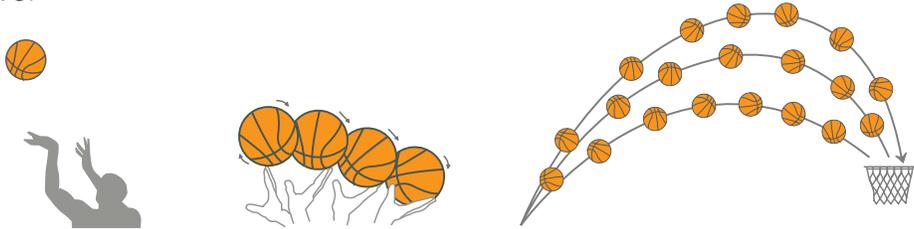
### AROUND THE WORLD



**EQUIPMENT:** 1 per player, multiple and some

**OBJECTIVE:** Shooting at the basket (free throw).

Make the most baskets in **4 minutes**. After **1 successful throw**, move to the next basket in the direction shown to shoot in all baskets. After **missing 1 basket**, stand in a row at the same basket. **Dribble** to move.



**VARIATIONS:**

- **PICK UPS.** Place a few **cones** in front of the basket at different distances. Take turns shooting the basket from the cone of your choice. If successful, pick up the cone and collect as many as possible in 5 minutes.



Push the ball until your arm is fully extended and whip your wrist fully at the end of the throw.

## TECHNICAL ACTIVITY

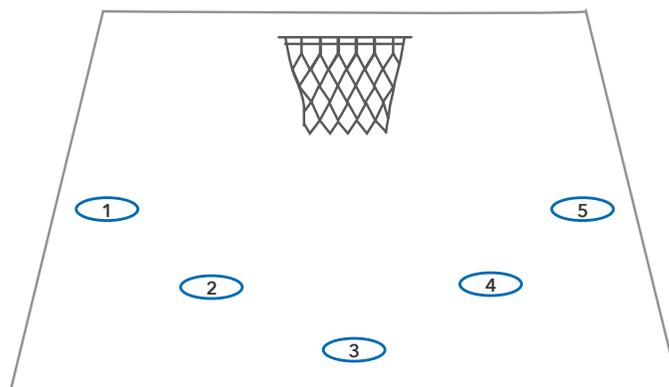
### THE BOTTLE



**EQUIPMENT:** 1 per player, 1 and 5 per team

**OBJECTIVE:** Shooting baskets from different angles.

In **teams of 4**, attempt **1 throw** from each hula hoop placed in a semi-circle in front of the basket. Each successful throw is worth **1 point**. If a player successfully throws the ball in the baskets from all five hoops, give 5 extra points! Score as many points as possible in **4 minutes**.



**VARIATIONS:**

- Take **lay-up shots** from hula hoops on the ground.
- **DICE.** Roll the die to determine **the hula hoop to throw from**. If you roll a 6, choose the hoop of your choice or try a difficult throw (e.g., backwards, eyes closed, etc.).

## TECHNICAL ACTIVITY

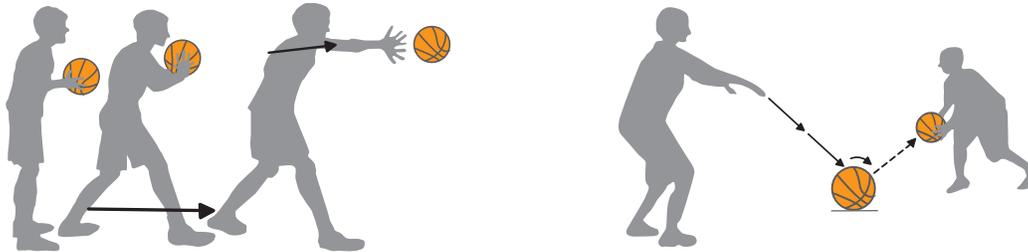
### QUICK PASSES



EQUIPMENT: 1  and 4  per team

OBJECTIVE: Passing effectively as a team in a stressful situation.

In **teams of 5**, place **4 players** in a **square** to pass the ball while the **5<sup>th</sup> player** runs around his teammates. Count the number of **successful passes (catches)** in 2 running laps of the 5<sup>th</sup> player, then repeat the drill for each team member. Make as many passes as possible in **3 minutes**. Make **chest passes**, then **bounce passes**.



#### VARIATIONS:

- Ask the student who is running to **dribble with 1 or 2 balls** without losing control.
- **OFF THE WALL**. Stand in a row at 5 m from the wall. Throw the ball at the wall, let the next player catch it after one bounce, then repeat the drill. Make as many passes as possible in 2 minutes.
- **DEFENDER**. Place the 5<sup>th</sup> player in **the center** of the court to try to intercept a pass.

## TECHNICAL ACTIVITY

### THE HOT POTATO



EQUIPMENT: 1  per player, 1  and a few  per court

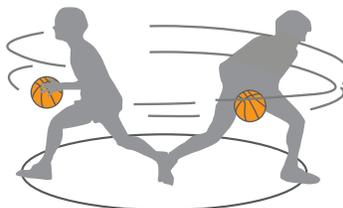
OBJECTIVE: Moving and advancing the ball as a team towards the basket while passing.

Form teams of **3 to 4 players**. On a rectangular court, have 2 teams play against each other. Win the "ROCK-PAPER-SCISSORS" to start with the ball. Make **5 consecutive passes** to score **1 point** while the other team tries to block the play. If the ball touches the ground or if the player with the ball goes out of bounds, the opposing team gains possession of the ball. If the ball is knocked down or intercepted by the defending team, they gain possession of the ball. After 1 point, give the ball to the opposing team.

#### VARIATIONS:

- Spread out on the court and stay in **one spot** to pass or intercept the ball (pivoting only).
- Allow **dribbling** (moving the ball with hands) and **bouncing passes**.
- Designate **2 end zones** at each end of the court. Catch the ball in the opponent's end zone to score 1 point (like in Ultimate).
- After 5 passes, **shoot a basket** to score 1 additional point.

 To create more passing options, you need to **pivot**. Anchor **1 foot** to the ground and move around it. The front of the pivot foot must always be in contact with the ground otherwise, it's a foul for walking!



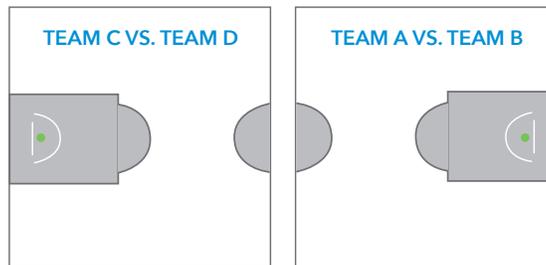
## MINI-BASKETBALL



EQUIPMENT: 1 per player, 1 , 1 and a few per court

**OBJECTIVE:** Moving and advancing the ball as a team towards the basket while passing.

On a **half-court**, have **two teams of three to four players** play against each other. Win the "ROCK-PAPER-SCISSORS" to start with the ball at the center line. Try to get to the basket by **passing** and **dribbling**, while the other team tries to block the play. Award **2 points** per successful basket. If the ball is intercepted, the team must go back to the center line before they can attack. If the ball goes out of bounds, give the ball to the opposing team who takes it back to where it came from. After 1 basket, the opposing team starts again under the basketball hoop. Play **5 minute games**.



**VARIATIONS:**

- **NO OPPONENT.** Make **as many baskets as possible** in 1 minute. Start under the basket, then go to the center line and make at least 3 passes to shoot a basket.

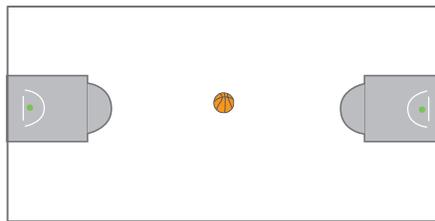
## 4 AGAINST 4



EQUIPMENT: 1 per player, 1 and 2 per court

**OBJECTIVE:** Moving and advancing the ball as a team towards the basket while passing.

Form teams **of 4 to 5 players**. On a **full court**, have **2 teams** play against each other. Start the game with a **jump ball** in the middle of the court. Try to get to the basket by **passing** and **dribbling**, while the other team tries to block the play. Award **2 points** per successful basket. If the ball is intercepted, goes out of bounds or if a basket is scored, give the ball to the opposing team. Play **2 minute games** and switch players.



Limit the time an offensive player can spend without taking any action to 3 seconds.

**BASIC RULES**

- **TRAVELLING:** When you move with the ball without dribbling.
- **DOUBLE DRIBBLES:** When you dribble with 2 hands on the ball at the same time or when you stop dribbling and start again.
- **FOUL:** When you make contact with the hand or arm of the player with the ball.



For more details on the **basketball** and **mini-basketball** leagues in your area, visit the RSEQ website.

**RSEQ.CA**