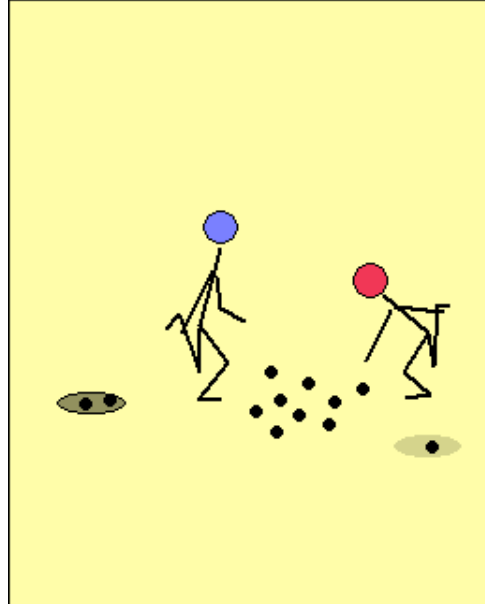


Games approach to improving balance

Feeding chickens

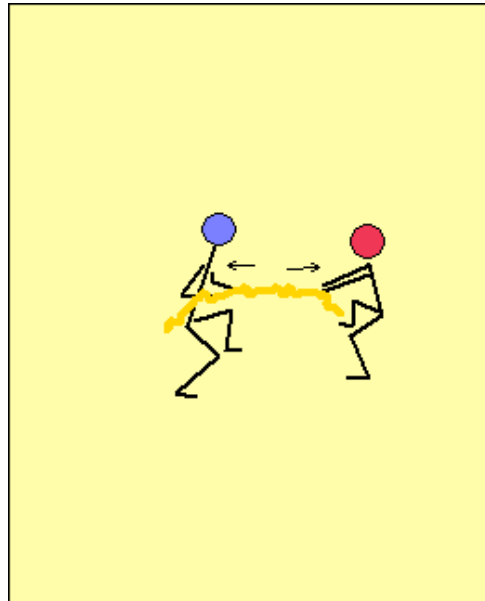
Each player has a home base, a spot on the floor, a hoop. A number of objects are placed in a defined area. The players bend one leg up and grasp it at the ankle. By hopping and bending over the players must collect the chicken feed and place it in their home. Go a second time and use the other foot. This could be done individually or in a team. Be careful not to make the distance too big with younger players

You could add penalties for touching the ground with the raised foot.



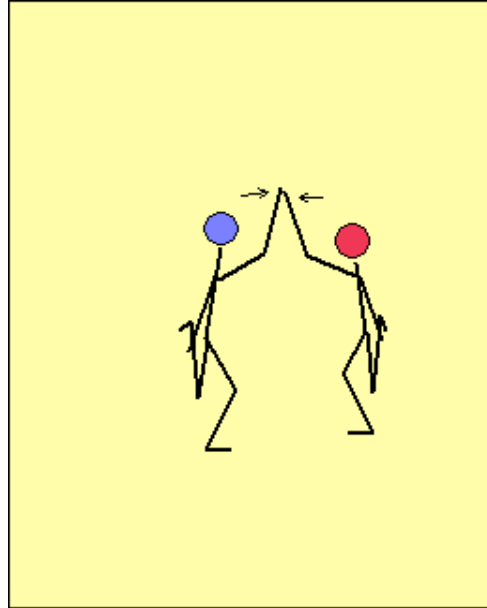
Tug of War

Balancing on one foot the two players attempt to get the other player to touch the other foot to the floor by pulling and pushing on the rope. You could also use a strong towel.



Push of War

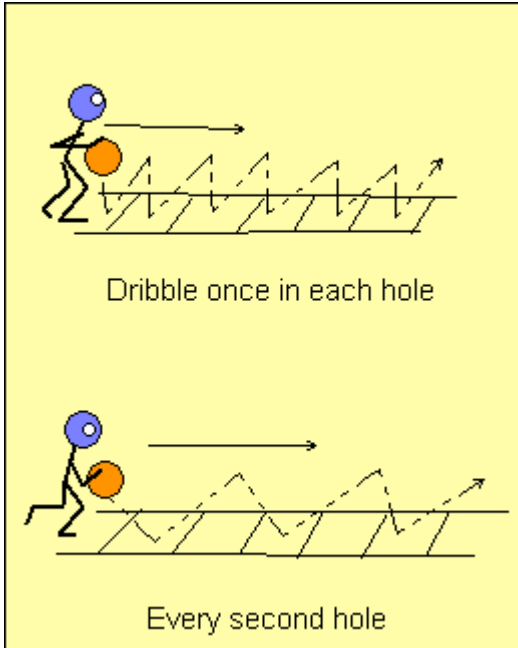
Balancing on one foot the players place the palms on one hand together. By pushing they try to dislodge the balance of the other person. They must keep in contact with the hands.



Agility Ladder Drabbles

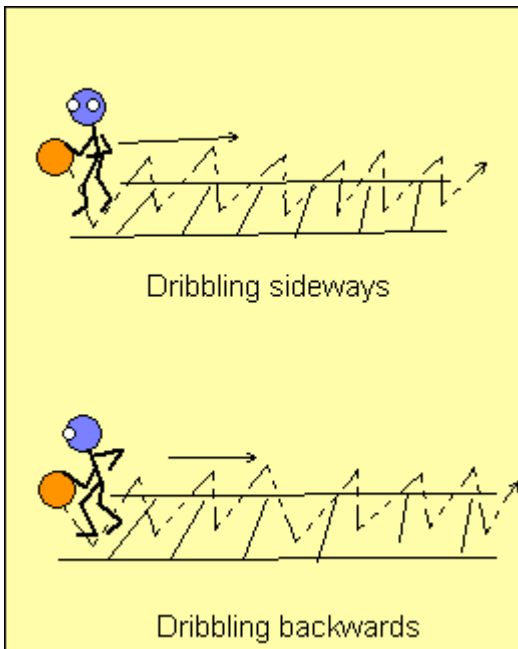
We made agility ladders by placing masking tape in the alley of the badminton court that separates the singles and doubles boundary. We made squares by making the length the same size as the width between the two lines. It gave us about 12 squares from the end of the badminton court to the half way line. We then used these agility ladders to work on footwork. We did such things as:

- One in the hole – forward, sideways and backwards
- Two in the hole - forward, sideways and backwards
- Hops – single leg, double leg, forward, sideways and backwards
- Icky Shuffle – starting to the left of the first hole, left, right left right, the right foot now goes down in the second square as you work your way down the ladder shuffling forward.



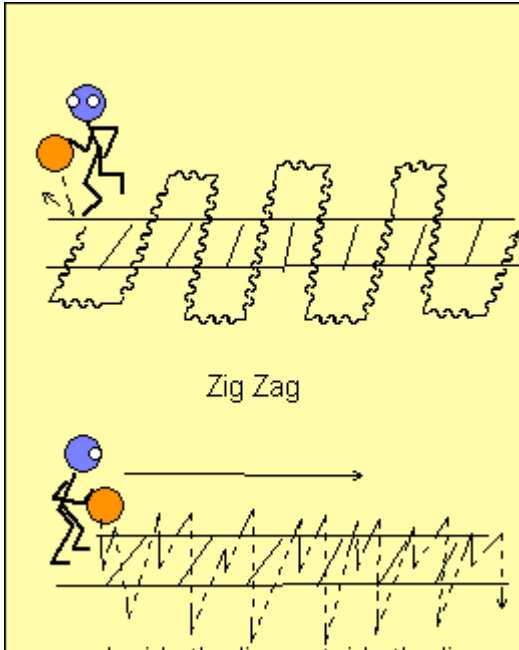
The idea for these dribbling activities came from watching Kristy Cook, a young lady in Grade 4, playing on her own during the break. She was dribbling the ball once in each hole. I then asked to show me if she could do it with her left hand. The other ideas came from me challenging her to find other ways to dribble using the ladder.

When dribbling in every second hole it helped her to understand the difference between a speed dribble and a control dribble. She had to run to keep up with the ball. She was not able to do three, but the older players could accomplish it.



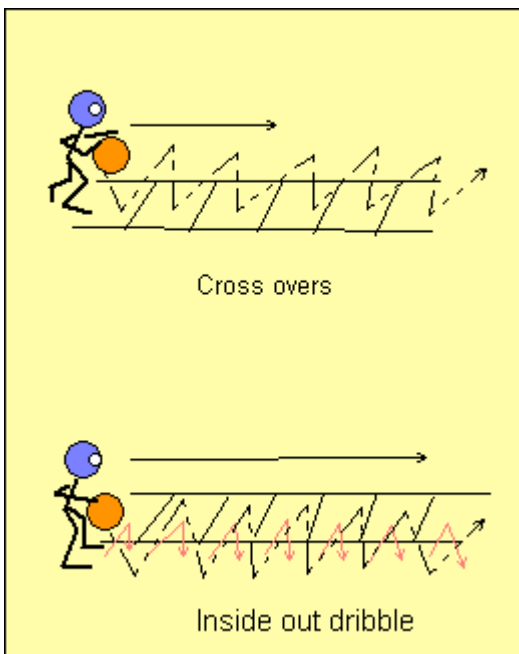
The side ways dribbling was dribbling in a closed stance. We also call it a crab dribble. The only down side to this time of dribbling was the vision. The players had a tendency to look down at the holes. I encouraged them to look up by showing ten fingers to call for a pass. It did help them understand where the ball should be dribbled in relation to the foot and body.

The backward dribble could be done from a closed or open position. Be sure to work both hands.



The zig-zag was very effective for tight changes of direction. Be sure to switch hands.

Inside and outside the line was a nice lead up for learning to position the hand on the side of the ball to move it in and out. One dribble was outside the line the next was inside the line.



When doing the crossovers we challenged the players to get the ball low and wide in the dribble.

When doing the inside out we started outside the ladder. The inside foot was placed inside the ladders at the same time the player rolled their hand over the ball from the outside to the inside it. It helped the players' co-ordinate the faking action.

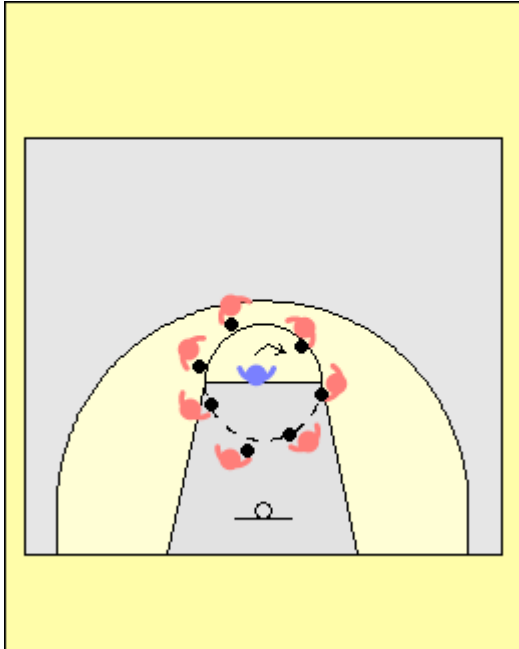
We also worked on a number of other dribbles with the older players. Whatever agility footwork we did they had to do it while dribbling.

Kristy's favourite was to dribble in each square and then lift her leg over the ball. It was great for hip flexibility!

Camp Games

Here are some fun games that you may want to try with young players. These work great in a camp setting when you need to energize the group with something different. Many have been adapted for basketball from a book called **Indoor and Outdoor Games**. It is published by Teacher Created Resources. I have tried not to use games where someone is

eliminated. If elimination is used don't let the players eliminated stand on the side. Give them a way to re enter the game or give them a fun activity. One of the great things that children learn from playing games is strategy. Allow them to come up with ways to do it better. Instead of telling them ask question to help them to discover a better way.

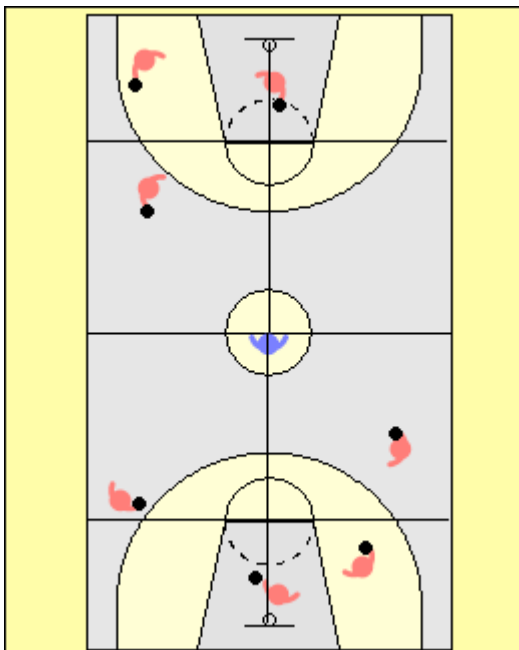


Follow the leader

Each player has a ball and stands in a circle. One player is chosen as "it" and stands in the middle and close his/her eyes. Choose one player as the leader. This player will lead the others in the group in Maravich ball handling drills (tipping, around the waist etc.). The others must follow the leader. When ready the player who is it opens his/her eyes and tries to guess who is the leader.

Note; The leader should switch the action when "it" is not looking. You will have to have a time limit on how often the action needs to be switched. It is a good idea to have practiced Maravich drills before using in this game.

To make it harder 'it' has to do the Maravich drills as well. Now he/she has to scan, think and do the actions all at once. Give each child a chance to lead and be "it".



Know the Court

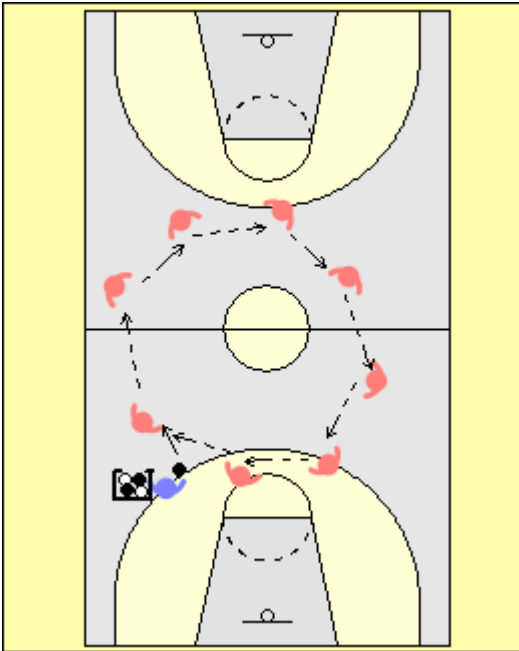
Everyone has a ball except "it" who is in the middle of the floor. The player's randomly dribble until a signal is made to stop. It is suggested that this is a visual signal ("it" raises a hand), not an auditory signal (whistle). The players must immediately stop.

It calls out an area of the floor; **"Inside the key"**. Anyone who was in that area must do some activity (five jumping jacks or score a basket).

Play continues when "it" gives the visual signal to dribble. Switch 'it' after a period of time.

This teaches the players to know the various areas of the floor. You can drill down more

detail with older players. "The right side of the floor below the foul line inside the three point line". Make the players switch from one end of the floor to the other each time. This adds conditioning.

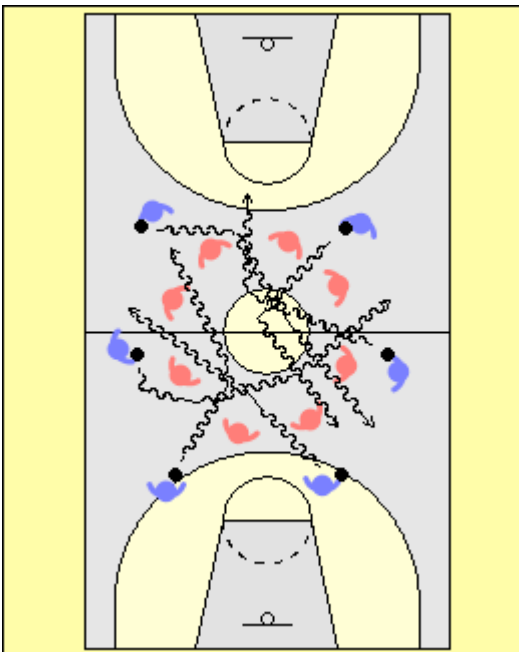


Pass the buck

The players arrange themselves in a circle. The coach starts by passing a ball to one player. This ball is passed around the circle. The coach keeps adding more and more balls. Go until someone has two balls, a fumble or bad pass is made. The object is to co-operate to see how many balls the team can get going.

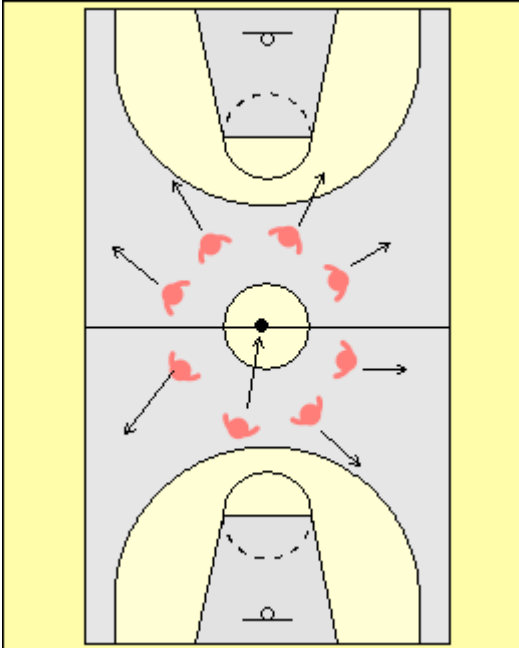
Load the drill

- Call reverse and the balls must be passed in the opposite direction.
- Use different types of passes
- Increase the distance.



Mouse trap

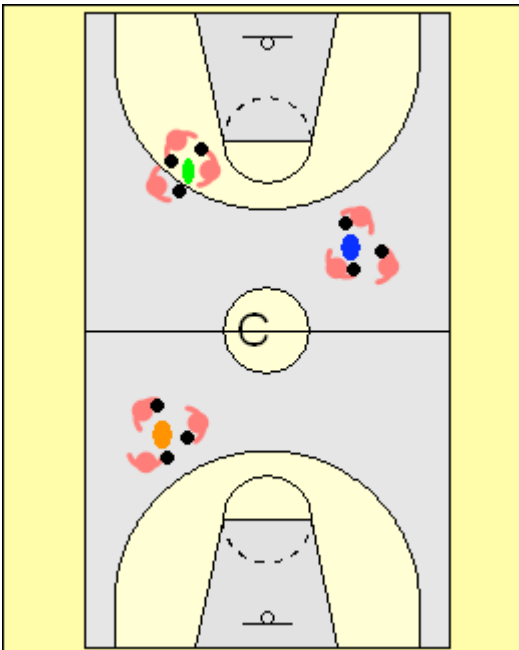
Divide the team into two separate groups. One forms a circle that on command can join hands. This group is the mouse trap. The other players, the mice, each have a ball and are dribbling outside the circle. The coach tells the players the mouse trap is now open. The players freely dribble in and out of the circle. When they enter the circle they cannot exit through an adjacent spot. When the coach give the visual signal for the mousetrap to close the players in the circle join hands trapping any dribblers inside. Keep score of how many were trapped.



SCATTER

The player's line up around the circle. A ball is placed in the middle of the circle. Each player is given a number. The coach calls out a number (or rolls a dice). That player must run into the circle and pick up the ball calling "SCATTER". The other players start to run away in a straight line, when the number is called, and stop running when they hear "SCATTER". The player with the ball now makes a bounce pass trying to hit one of the players below the waist. If hit that player gets the letter S. Play until someone spells SCATTER.

This works on quick acceleration, alertness and accurate passing.

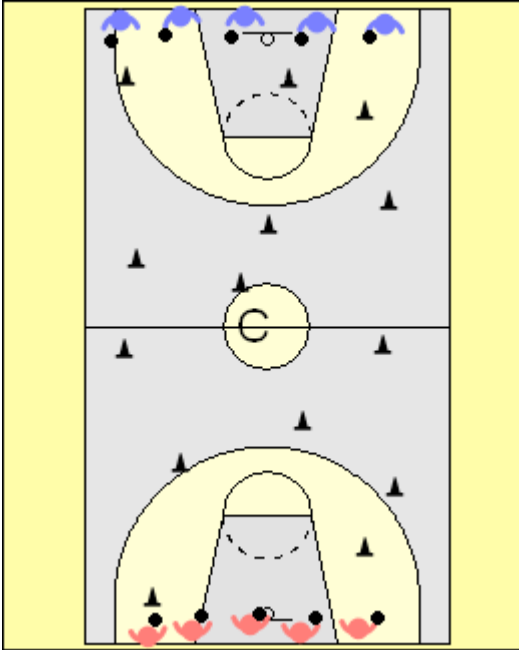


Toss up

Divide the team into small groups. Everyone has a ball and one balloon per group. The team must keep the balloon afloat as they dribble. Time 30 seconds. See which team can keep the balloon from hitting the floor the fewest number of times.

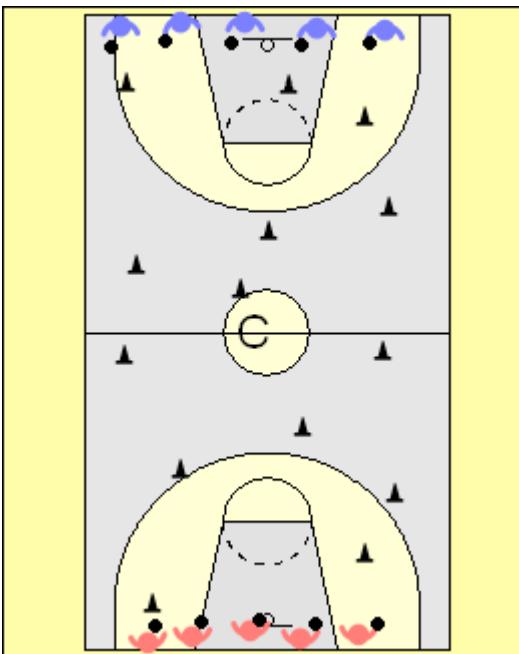
Load the game

- Add Maravich drills i.e. around the neck, waist, and knees while keeping the balloon aloft.
- Alternate who touches the balloon touches
- If you put a small marble (weight) in the balloon it will fall faster and increase the difficulty.



Memory

Numbered pylons are placed randomly around the gym. Underneath each pylon is a distinctive object or a playing card. Each team is given a time limit in which to dribble around looking underneath each pylon. They must remember where each object is located. The teams line-up on their respective baselines. (If you have more teams each needs a home base). Call out an object or card. One player from each team dribbles to the pylon and stands beside the one in which they think the object is located. The team gets a point if the object is under the chosen pylon.

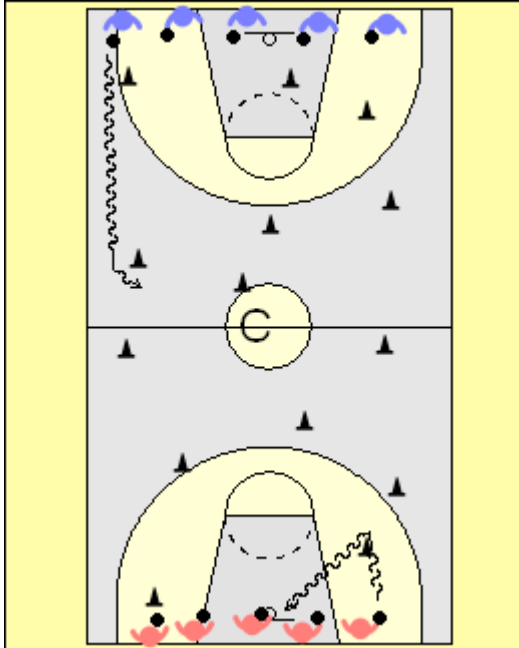


Break the code

Randomly place a number of multi-coloured objects (pylons) around the gym floor. The teams line up at their respective homes. On a signal the players dribble and collect as many pylons as possible. Play stops when all of the pylons are retrieved and returned to the home base. The coach now inspects the pylons and declares the score.

Each color is worth a different value, i.e. blue 1 pt, red 2 pts, green 3pts etc. The object is for the players to break the code and figure out how much each pylon is worth. You will need to play the game a number of times for this to work.

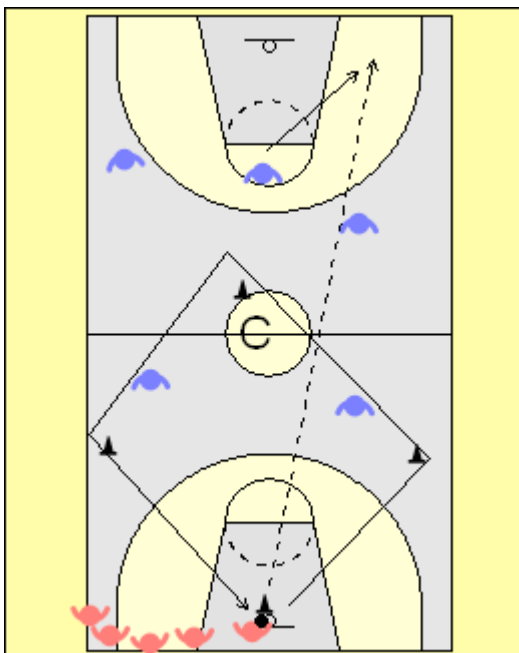
Load the drill by having the players' accomplish a task before retrieving a pylon. i.e. score a left hand lay up.



Memory chain

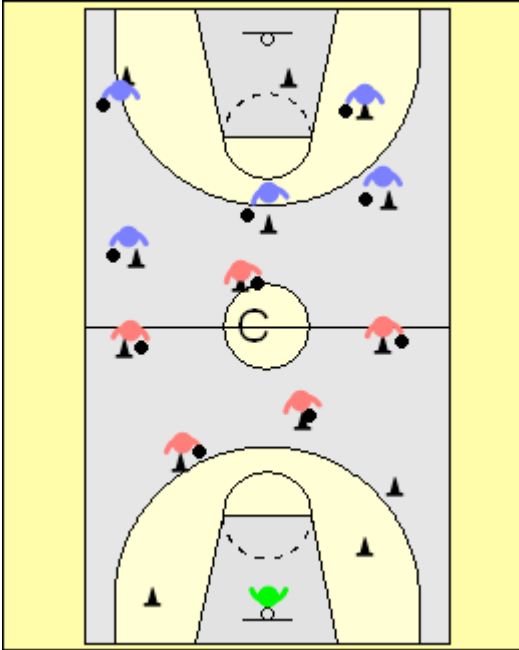
The group spreads out along the respective baselines. Each player has a ball. The first player must dribble to a pylon and perform some action. (Around the neck, around the waist etc.) and then dribble and score a basket. The second person must go to the first pylon and repeat what the first player did and then go to a second pylon and perform a new task. Each successive player must remember what the players in front performed.

It helps young players pay attention to detail. Also it reminds them when standing on the sideline they still need to pay attention.



Baseball basketball

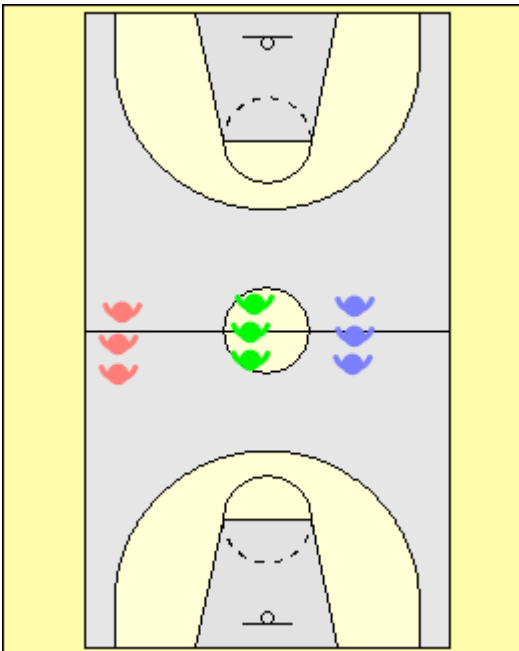
Divide the group into two teams. Team one line up to bat and the other team spreads out in the field. Four pylons designate the bases. The pitcher chest passes the ball to the batter when the team in the field is ready. The batter at the plate throws the ball to an open area and starts to run around the bases. The players in the field must grab the ball and pass it to each player once. The last player must then score a basket. The batter sees how many bases he/she can get before the other team makes all of the passes and basket. Each player bats once and then switch roles.



Police Officer

The players, with a ball, are spread out around the gym standing at randomly placed pylons. One player is selected as the police officer and stands under a basket at one end of the floor. The police officer scans the players and determines where each player is located. The police officer now turns his/her back. This is a visual signal the players to dribble and randomly change places. The police officer must now turn and scan the group putting the players back in their original positions.

This again helps with the ability to scan and pay attention to detail. Also a leadership voice can be developed. The player must learn to be decisive.



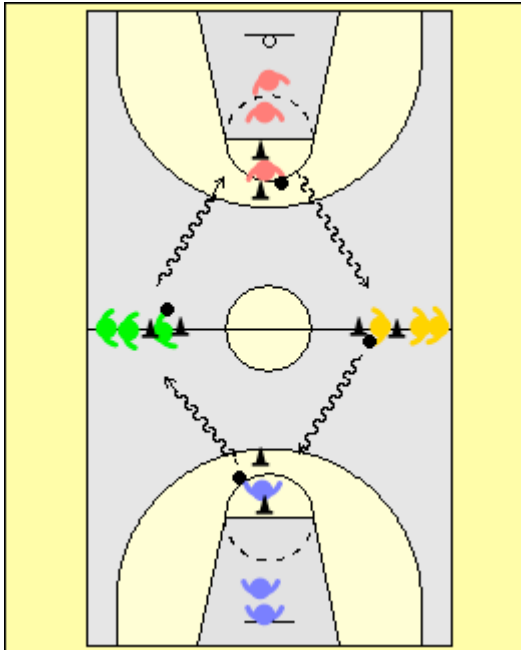
Grab-bag-relay

Ahead of time prepare slips of paper with action on each paper.

- right hand lay up
- 3 point shot
- cross over dribble to left hand lay up.

You need duplicate sheets equal to the number of teams involved. Place the slips of paper in separate containers for each team.

On the signal to start the first player grabs a slip of paper and performs the activity. When completed the second players goes. Go until everyone has done one activity.

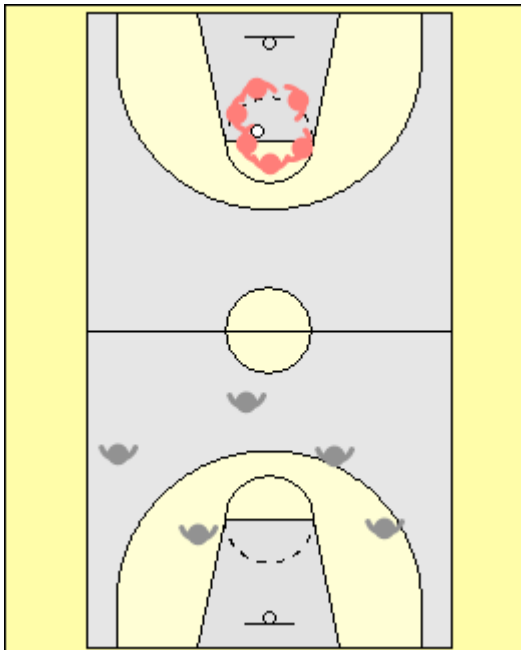


Roundabout

Divide the group into four teams. Each team has one ball and lines up as shown in the diagram. It is important that the pylons are an equal distance apart. On the signal to go the first player on each team must dribble once around the diamond. The object is to catch and tag a player in front of you. If the player is tagged he/she goes to the end of line of the person who tagged him/her. Once the dribbler completes one lap the ball is handed to the second person who tries to catch the person in front.

Load the game

Call "reverse" - the players must reverse direction.

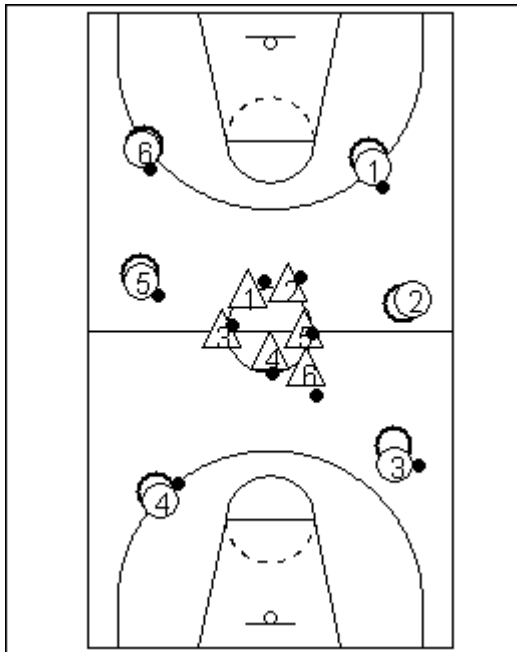


Touchdown

One team huddles up in the key at one end of the basketball court. The team decides which player will hold a small object in his/her hands (coin, ping pong ball). The defence is on the other side of the centre line. The team that huddles calls "break" and everyone tries to run to the far baseline without being tagged. When tagged the player opens his/her hands to reveal if he/she has the object or not. If the player with the object gets to the far baseline without being tagged a touchdown is scored.

This is a great tag game because it introduces the idea of faking and also the players have to develop strategy.

Warm up games



Castles

Player's partner up

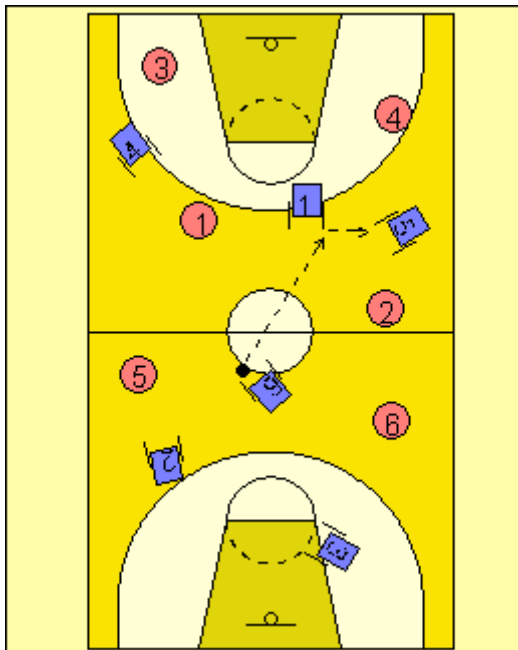
Each pair has two balls, a hoop and some bean bags.

The player inside the hoop protects the bean bags. The player outside the hoop visits the other hoops and attempts to steal bean bags.

If a player is tagged by the defender he/she must visit another hoop. If a bean bag is stolen she returns to his/her home and switches.

The coach can also call switch forcing the players to switch positions.

Note: To add more basketball skills make the players score a lay up when tagged before they can return to attempt a steal. Another addition is to add pinnies to the players as flags that they tuck into their shorts. The players can steal the flags and set them in their castle instead of bean bags.

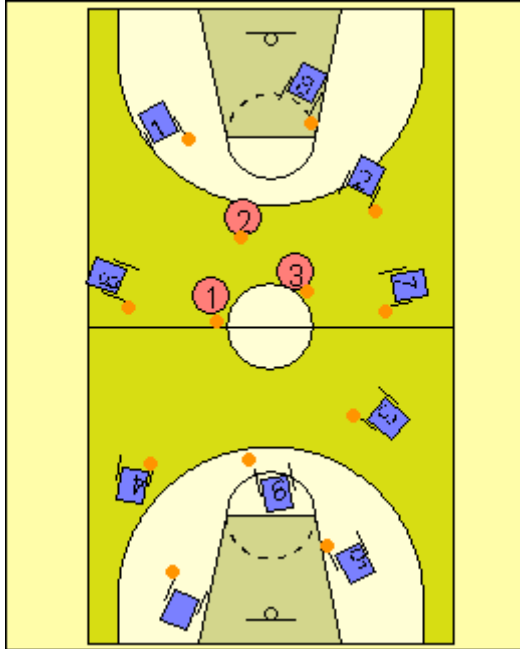


20 passes

There are two equal teams with one ball.

The object is to pass the ball between your team mates 20 times without dribbling, traveling or fumbling the ball.

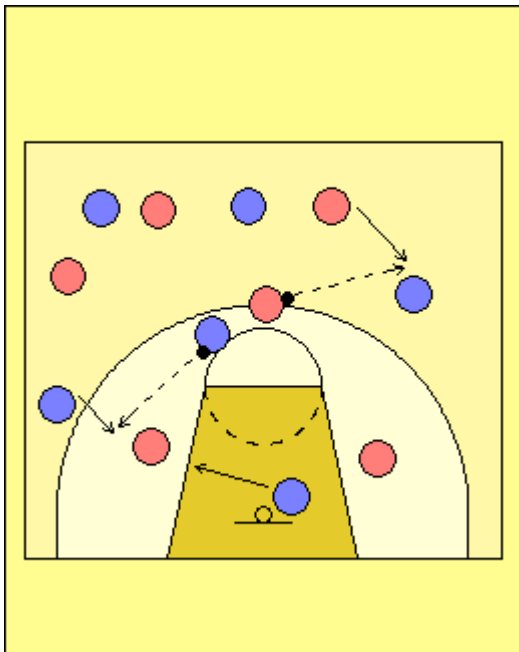
The players without the ball can move to get open. If any of the above three things happens the other team immediately grabs the ball and starts to pass.



Dribble tag

All of the players have a ball and spread out around the court. In this example three players are chosen as "it". When the coach says "go" the players who are hit try to tag the others players while dribbling the ball. When tagged you have a number of options;

- 1) eliminate - not a good option
- 2) have them perform a task and then return
- 3) become "it" (two option here - keep going until only one remains or the Old "it" is now being chased.
- 4) frozen and wait for a teammate to unfreeze him/her (a good way is to do a ball tip with legs spread so a teammate can dribble a ball between the legs to unfreeze.

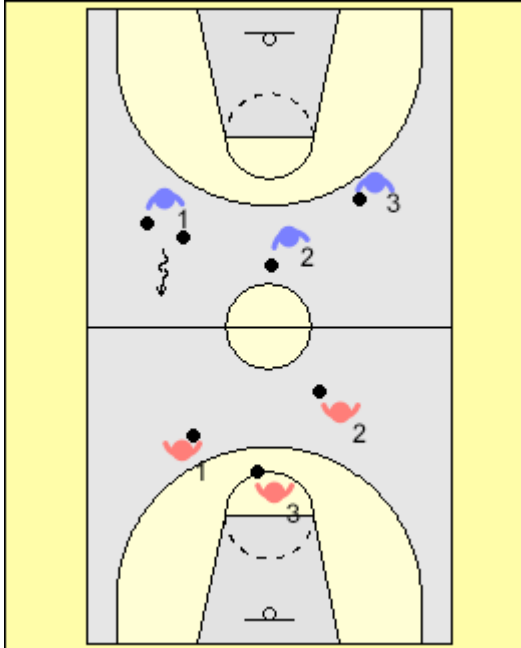


Ball Tag

In the first version of the game there are two teams. The player with the ball is only allowed to pivot. Players with out the ball are allowed to move within the boundary. For this example the space is half of the basketball court.

By passing and moving one team attempts to tag the other team with the ball. The ball cannot be thrown. Once tagged the player is eliminated (you can have the player do an exercises or a skill before he or she can re-enter the game).

You can start with one ball but slowly add more. The team without the ball is allowed to try and steal the ball.



Dribble game

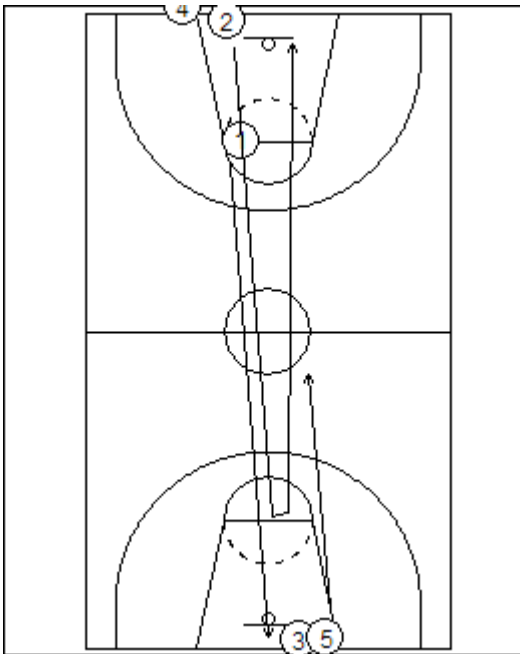
Every player has a ball. One extra ball is the **game ball**. It helps if it is a little different. Players must constantly be dribbling their ball. The object is to move the game ball by dribbling or passing down the court to score. At first you may not make a score a basket:

- Hit the back board.
- Get the ball into the key.
- Over the end line.
- Hit the rim.

If you hold the game ball and are moving it is a travel. You must dribble two balls at once in order to move. The other players must also dribble in order to move. When catching the ball the player can pick up their ball to make the catch. Once they move both balls must be dribbled.

Load

Require the defence to dribble with weak hands.

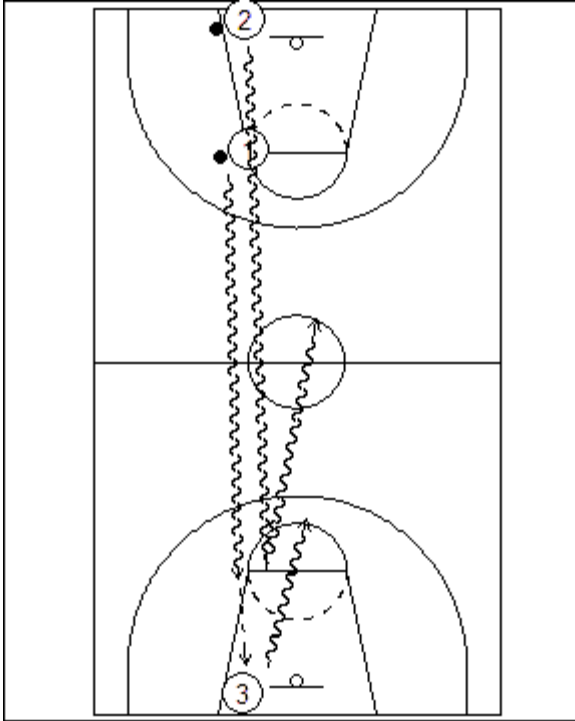


Run rabbit run

Player #1 starts at the foul line. On a signal he/she takes off running to the far end. #2 is trying to tag the back of #1. Once #2 hits the foul line he/she changes direction and head back to the other basket. #5 now enters the contest try to tag #2

You may have to change the distances for the age of your players.

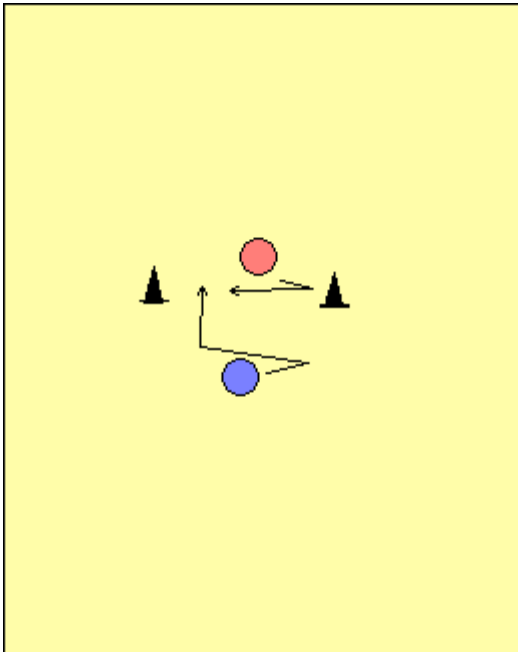
A great fun drill to teach speed with a change of direction.



Run rabbit run with a ball

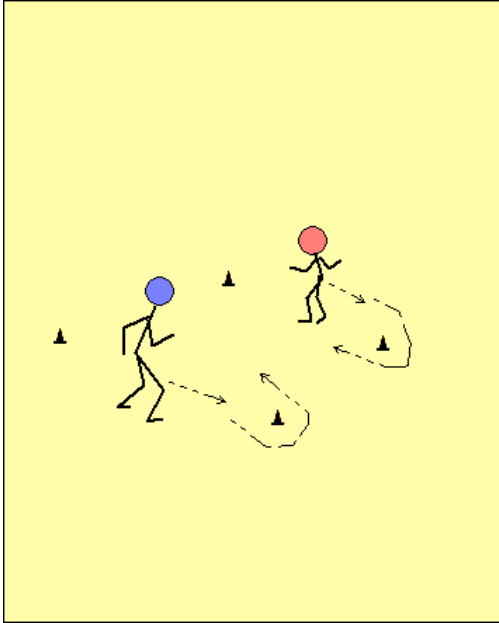
#1 and #2 start with a ball. #1 is on the foul line, #2 is on the baseline. When #1 starts to dribble, #2 dribbles attempting to tag #1's back. When #1 crosses the foul line he/she passes a ball to #3. #3 can go when #2 touches the foul line (you could have three balls and eliminate the pass from #1 to #3).

The players are working on a speed dribble and a quick change of direction.



Pylon reading drill

To work on the movement prep for this skill two players line up between two pylons. The space can vary depending on the skill level of the players. One is designated defense, one offense. The offensive player moves laterally back and forth the defense mirrors this movement. The offensive player then attempts to cut between the two pylons. The defender attempts to keep his/her chest in the line of the cut. Read the body of the defense. Have the defense keep the arms up by the shoulder area. This is a great drill to teach offensive and defensive footwork. It also teaches faking.



Mirror Mirror

One player is 'it'. He/she can move back and forth between his/her two pylons. When the opportunity presents itself, "it" tries to circle one of the pylons and sprint out the end before his/her partner can tag.

Load the game by adding a ball. You can also do the drill where one player has the ball the other is a defender. Start at centre. When I go around the pylon I am trying to score a basket.

Cops and Robbers

The player must stay with their check.
The player may start, walk, jog, run and stop in one direction only

Version #1 - stay behind the player

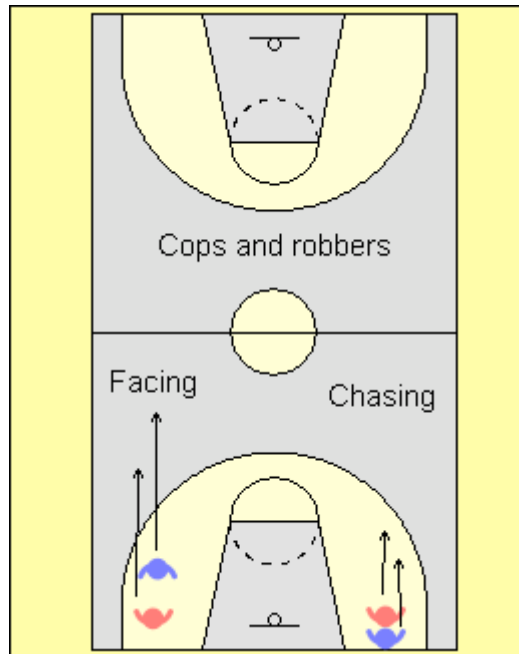
Version #2 - face the player

Version #3 – beside the player facing the same direction

Version #4 – beside the player facing the player

Load

- move in any direction, stay with the player forward backward left and right
- add a ball

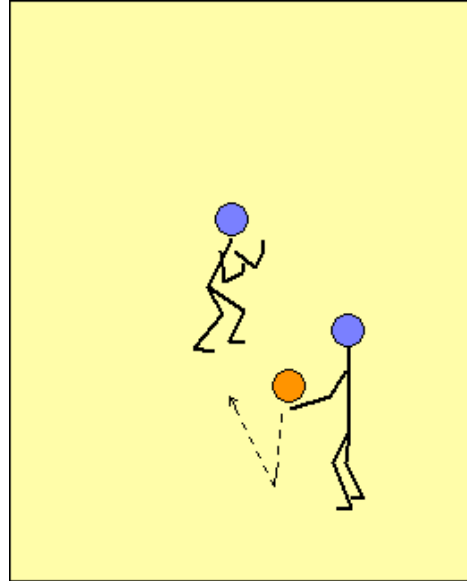


Ball drop

The player without the ball starts in the universal stance. This player must let the ball bounce once but not let it hit the floor second time. The ball can be bounced

- in front
- tossed to the side
- thrown over the head of the player

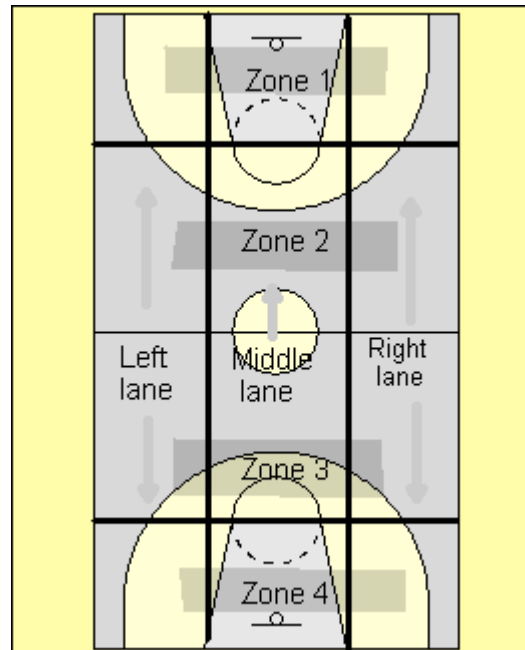
This causes the player to move in all directions.



Basketball Grid

We have divided the court into 12 rectangles. It is formed by combining the three lanes of the court with the four zones.

The grid is an excellent way to teach the concept of spacing to players. When we use spots the athletes often do not learn the concept of space. They become robotic and move like chess pieces. Players need to know the how and the why of spacing as it pertains to the basket, the ball their teammates and defense.



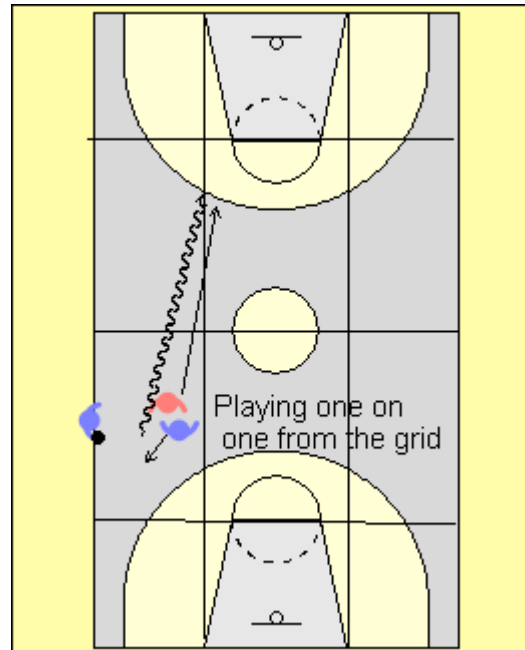
Base games

The grid is an excellent way in which to teach players how to play the various base games (1 on 1, 2 on 1, 2 on 2, 3 on 2, 3 on 3 etc.). By playing these games from different positions around the grid the players learn valuable lessons:

- ❑ How should I get open for the ball in this area
- ❑ Where is the best place to be on offense in this area
- ❑ What are my strengths and what are the strengths of the person defending me.
- ❑ How can I attack his/her weakness?

These games can be started in a variety of ways:

- ❑ Inbounds pass
- ❑ Static start
- ❑ Dynamic start – with a toss, off and save



Games Approach

Ultimate – play the real basketball except:

- No dribbles.
- Score by passing the ball to a teammate across the end line.
- On an incomplete pass the other team must take the ball out of bounds at the nearest sideline

Rugby – cannot pass the ball forward until the ball is advanced inside the opponents three point line.

Hockey – the ball cannot be dribbled over the half court line

1 second basketball – you must dribble pass or shoot within one second of receiving the ball.