**BASKETBALL SKILLS & GAMES**

**Skills**

Teaching Points Equipment

* Pre-set area
* Go over safety rules before you start

Aim:

Set children skills and challenges with the basketballs

Instructions:

* Give each child a ball or share a ball in pairs or groups
* Give them a few minutes to practice any skills they know from basketball (passes, dribbling, shooting, tricks)
* Set them all skills and challenges giving a time frame and awarding points throughout.

Challenges can include:

Dribbling:

* Can they dribble with their strong hand?
* Can they dribble with their weaker hand?
* Line them up on one side of the space and ask them to dribble from one side to the other. Who can be the quickest?
* Can they dribble and turn to move out of the way of another player?
* Can they compete in a relay dribbling race?

Passing:

* How many different ways of passing can they do in pairs or groups?
* Can they pass and move into a space
* Can they pass over a defender (piggy in the middle)
* How many passes can they do in 30 seconds
* Can they pass for 1 minute without dropping the ball

Shooting

* Can they shoot from different distances (use cones to mark out different distances and award different points)
* Can they shoot using different passes/shots (2 hands overhead, one hand, lay out)
* Can they shoot with a defender?
* How many hoops can they score in a given time

Defending

* Can they intercept the ball from a dribble?
* Can they defend and intercept the ball from a pass
* Can they defend a shot(scoring)
* Can they

All of the skills can be utilised in other games such as the below

* Piggy in the middle
* 5 lives game
* Matches
* Stuck in the mud- if their ball is intercepted in a dribble or pass by a tagger, they put the ball between their feet and can be saved by another player passing them a ball)
* Open Gates
* Octopus Tag- If their ball is intercepted from a dribble by the tagger in the middle, they out their ball away and join in the middle)
* Shooting Game- HORSE
* King of the Ring- a tagger or group of tagger try to intercept dribblers, if they do that player is out.