



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

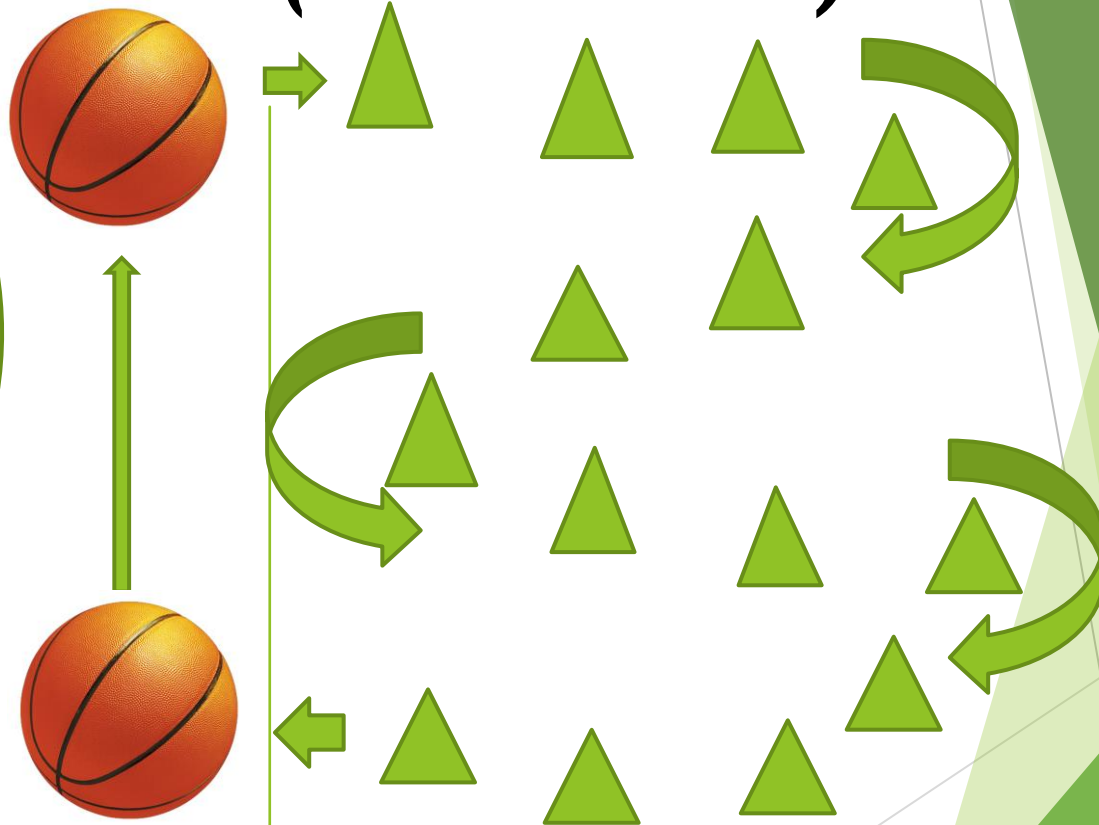
Basketball Individual Circuits

OFFICIAL

Circuit No1

Cone Dribble(both hands)

Using both hands dribble in and out the cones. Repeat. 1 point for each circuit completed in specified time.

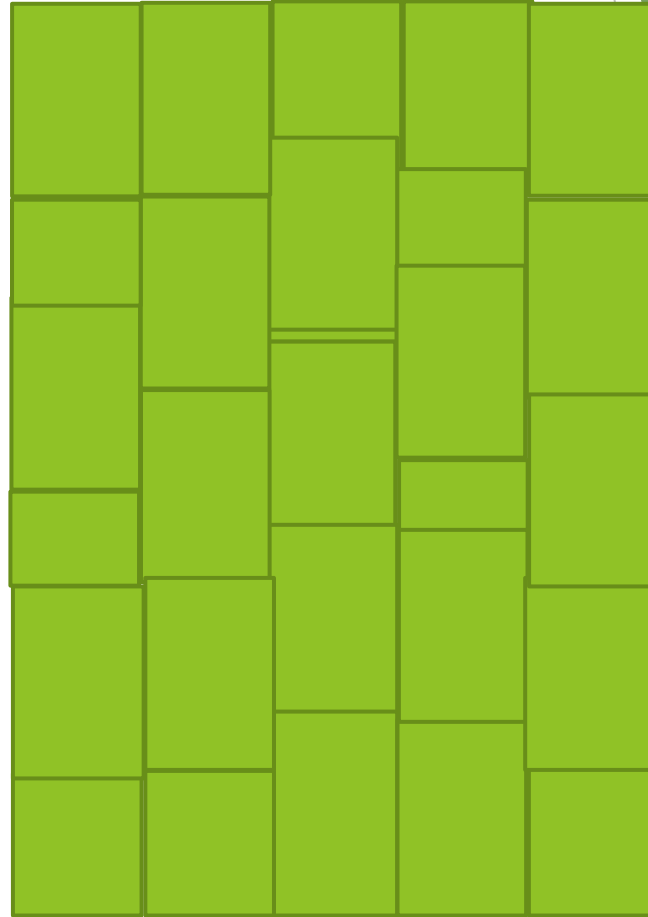
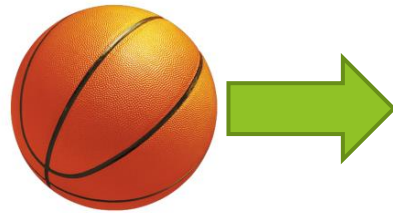


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Circuit No2. Off the Wall

Practice passing by throwing ball off the wall:

1. Chest pass.
2. Bounce pass.
3. Overhead pass.



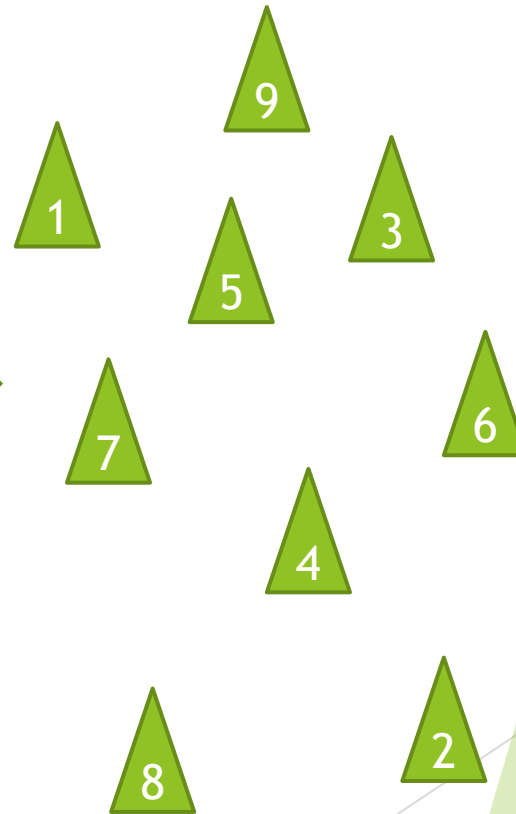
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Circuit No3. Zig Zag Dribbling.

Foot work & dribbling skills challenge.

Set up numbered cones and dribble ball in number order.

Pretend other cones are opposing players



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Circuit No4 . Shooting the Hoop.

Practice shooting into the basket from different sides of the hoop.

(If no basket use bucket or bin).



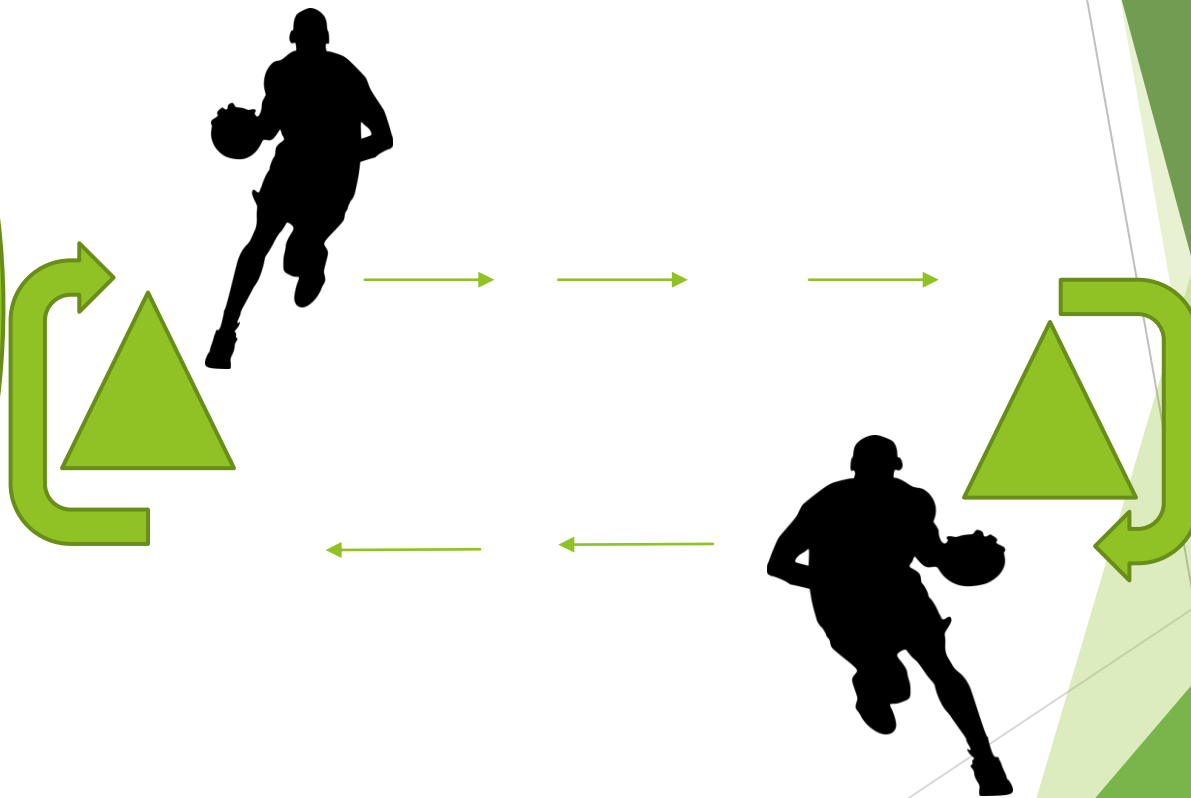
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Circuit No5. **Power Dribble Shuttles.**

Run between
cones
bouncing
basketball.
Remember to
swap hands.

Not quite a
full sprint,
keep ball
under
control.

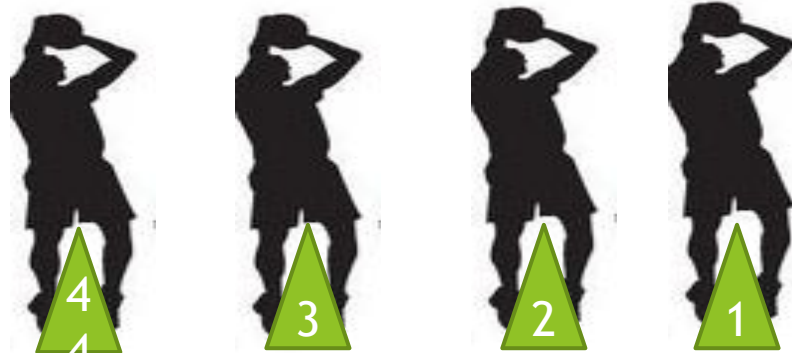


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Circuit No6. Moving On Out.

Start at cone 1
once you score
a basket move
to cone 2, then
3 & 4.

Change to
different sides
of net if
becomes too
easy



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Circuit No7. Around & Between The Legs

Keep the ball low and dribble around your legs and feet while standing still.

You can even do a figure of eight around both legs for fun.

Switch hands as you move to each side.



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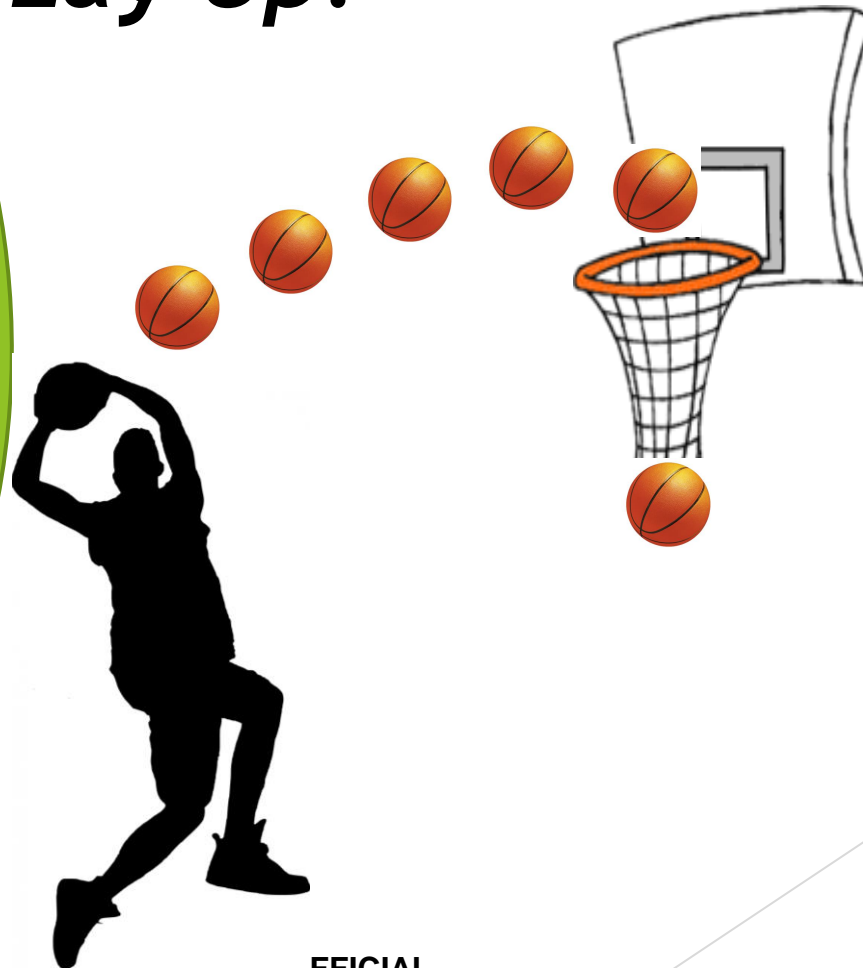


Circuit No8. *Lay Up.*

Run towards one side of the basket, jump and lay/hit the ball off the backboard and into hoop.

Practice from both sides

If no hoop mark out a target on a wall.



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Circuit No9. Keeping The Player Away.

Aim is to protect the ball.
While bouncing ball place opposite hand on cone like you are defending from a player.
Cover/ Shielding hand to opposite cone.

Swap hands.



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Circuit No10. Ball Spin.

A bit of fun. (But its hard)
Using your strongest hand
spin the ball with your index
finger.
Spin the ball and toss in the
air.
Catch the ball so your finger
is holding it where your
grooves meet the centre.
Use free hand to spin ball
before it slows down.



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