

Basketball Activity Pack

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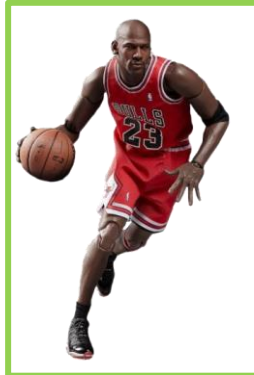
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Basketball Ball Handling

Task

'Figure of 8'

- Stand feet a little wider than hip distance apart
- Hold the ball in one hand
- Guide the ball through the legs in a figure of 8 shape
- Think through the front and round the back

Challenge

- Keep your head and eyes up and try not to look at the ball
- How many times can you complete a figure of 8 in 30 seconds?
- Can you try moving the ball around your legs in the opposite direction
- Which direction do you prefer?

Equipment

- A ball
- If you don't have a ball, a balloon or a pair of rolled up socks will work



Basketball Bounce Rhythm Challenge

Task

- Play a favourite song and bounce a ball in time with the beat of the music.
- Pass the ball round your waist in time to the beat
- Make a figure of eight through legs, hitting the beat when the ball touches one hand.



Equipment

- Use a different size of ball (bigger or smaller)
- Try adapting the bounce by using a slower song then change to a faster song to increase the challenge.

Challenge

- Can you work with a partner passing the ball on the beat; chest pass, bounce pass, one handed pass.
- Introduce movement - step forward to deliver a chest pass, hop on one foot while passing to the beat, run on the spot while passing to the beat.

Basketball- Ball Spin

Task

Great fun (but it's a challenge!)

- 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.

Challenge

- Can you teach someone else in your house to ball spin?
- How long can you spin the ball?
- See if you can improve your time each time you try it.



Basketball Dribble Around the Legs

Task

- Stand with your feet apart and your knees slightly bent. Hold the basketball in your preferred hand.
- Dribble (bounce) the ball in front of you keeping the ball low.
- Now try dribbling the ball around your legs while standing still.

Challenge

- Can you dribble the ball low in and out of your legs in a figure of 8 shape?
- Switch your hands as you move to each side.

Equipment

- Basketball or large bouncy ball



Basketball Dribble and Run

Task

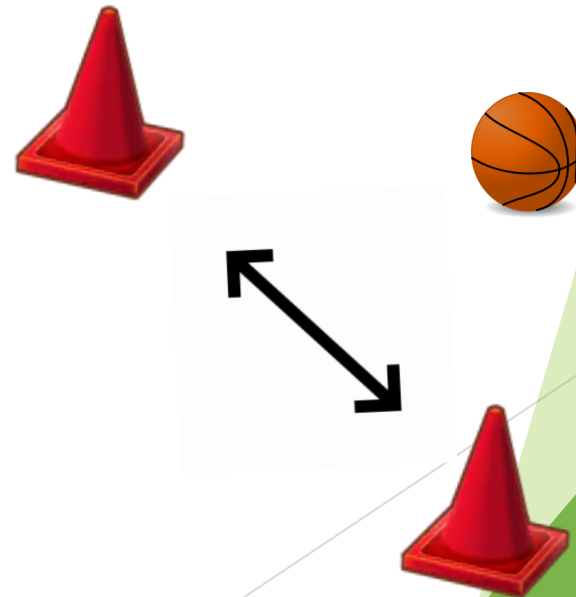
- Dribble (bounce) the basketball or bouncy ball
- Push with the fingers of your preferred hand downward.
- Dribble the ball at the near side of your body as you run to the first cone.
- As you reach the first cone turn around and push off the back foot to run to the other cone.
- Continue to dribble the ball as you run between the 2 cones.

Challenge

- Count how many times you can run between the cones without stopping.
- Try dribbling the ball with your other hand and count how many times you can run to the cones.
- What hand do you prefer using?

Equipment

- One basketball/Larger bouncy ball
- 2 cones
- Space to run between the cones indoors or outdoors



Basketball Cone Dribble

Task

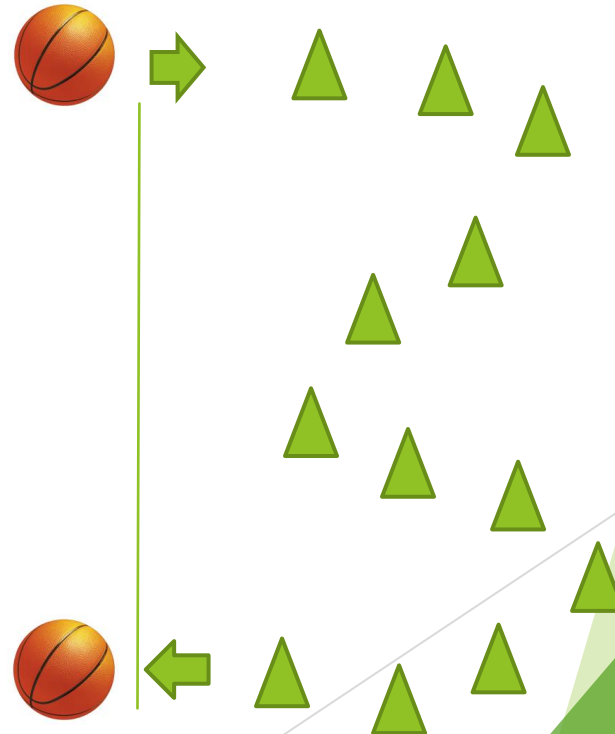
- Using both hands dribble (bounce) the ball in and out of the cones until you complete one circuit.
- Practice until you feel confident.
- Now try and dribble with your preferred hand in and out of the cones.

Challenge

- Can you try dribbling with your non preferred hand?
- Is it easier or harder?
- Every time you manage to complete a circuit of dribbling take 1 point.
- How many points can you get in 2 minutes?
- Get someone to time you as you practice.

Equipment

- Basketball or large bouncy ball
- Cones or markers
- A good space



Basketball Dribble over the Line

Task

- Stand in the middle of a line or a stick with a basketball or bouncy ball.
- Dribble (bounce) the ball using the fingers to push the ball downward with the right hand on right side (A1)
- Using your right hand, change by bouncing the ball over the line to the left side (A2)
- With every successful set of 10 dribbles without hitting the line you get a point.

Challenge

- Try dribbling using the left hand, from the left side of the line to the right. (B)
- How many points can you get in 60 seconds for each hand?
- Can you dribble across the line from the right hand to left hand ('V') direction?
- How many dribbles can you do?

Equipment

Basketball and a line or a stick.



Basketball Power Dribble Shuttles

Task

- Stand at a cone holding a basketball in your preferred hand.
- Dribble the ball as you run between the cones.
- Always run around the back of the cones.
- Keep the ball under control by running, not sprinting.

Challenge

- Try dribbling with the one hand to the first cone and change hand on the return.
- Get someone to count how many shuttles you can do in 30 sec or 1 min.
- Every time you perform the challenge, try and beat your score!

Equipment

- Basketball or large bouncy ball
- 2 cones



Basketball Zig Zag Movement & Dribble

Task

Foot work & dribbling skills challenge.

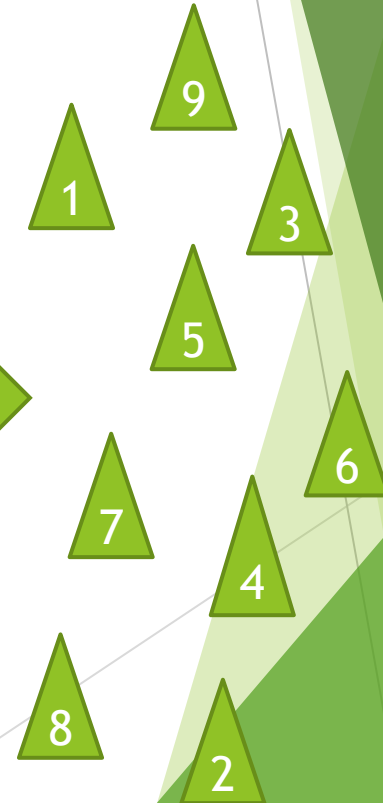
- Set up numbered cones in a random order.
- Without the ball, run to the various cones in numerical order then return to the start line.
- Time yourself and try to beat your time.
- Now walk to the cones in numerical order, while dribbling the ball using your preferred hand.
- Try the above at a faster speed, can you keep control of the ball?

Challenge

- Pretend the cones are opposing players as you weave in and out of the cones.
- Try dribbling with your other hand, which hand do you find easier?

Equipment

- Basketball or large bouncy ball
- 9 cones or markers



Basketball Protecting the Ball

Task

- Stand between 2 cones and dribble the ball on the spot.
- On 'Go' start moving between both cones.
- As you dribble place the opposite hand on the cone like you are defending the ball from a player.
- Cover/shield the ball with your other hand as you move between both cones.

Challenge

- Swap hands - practice dribbling and shielding from cone to cone.
- Try it with another player in front of you instead of cones.
- Can you keep possession of the ball for 20 seconds or more?

Equipment

- Basketball or large bouncy ball
- 2 Cones



Basketball Passing off the Wall

Task

- Stand facing a wall holding a basketball or a larger bouncy ball.
- Practice throwing the ball at the wall using one of the passing techniques below.

Equipment

- Basketball or large bouncy ball
- A clear wall space

Chest Pass -

- Place your 2 hands behind the ball, holding it at your chest.
- Push the ball toward the wall, straightening your arms.
- Keep your hands ready to catch the ball with 2 hands.

Overhead pass -

- Hold the ball with 2 hands and throw from behind the head.
- The ball should go up and over your opponent.
- Ask a friend or sibling to stand in front of you to make it more realistic.

Bounce Pass -

- Holding the ball in 1 hand, push it forward and downwards to bounce off the floor.
- After it bounces off the wall catch with 2 hands.

Challenge

- Can you pass and catch the ball 5 or 10 times in a row?
- How many catches can you make in 60 seconds?



Basketball Dribble & Catch

Task

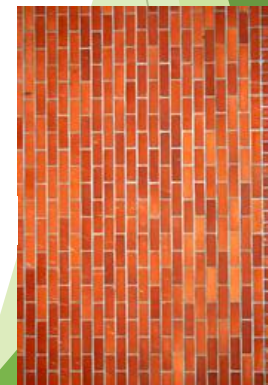
- Stand opposite a wall or a partner, holding a basketball or large bouncy ball
- Dribble (bounce) the basketball 3x with one hand (yellow line in opposite picture).
- Then chest pass the ball to the wall and catch the rebound with both hands
- Practice this and vary the number of dribbles before you pass the ball.

Challenge

- Try dribbling using your non-preferred hand.
- Now as you dribble the ball take 3 side - step movements to your left, and chest pass the ball off the wall and catch.
- Repeat to your right side.

Equipment

- Basketball/large bouncy ball
- A wall or a partner



Basketball Shooting the Hoop

Task

- Start shooting from cone 1.
- Once you score move to cone 2, then cone 3.

Equipment

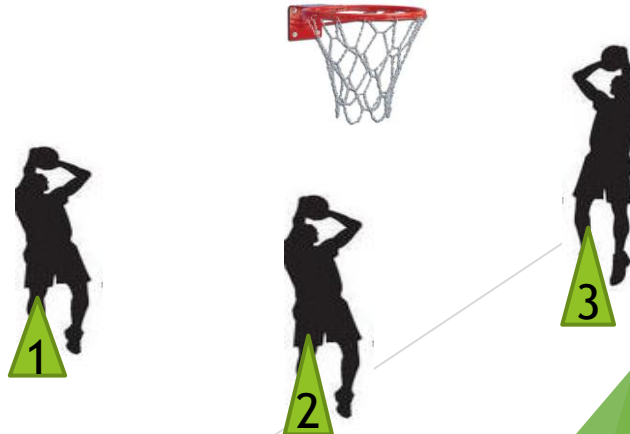
- Basketball or large bouncy ball.
- Basketball hoop (bucket or bin if no access to hoop).

Technique

- Stand facing the basket, feet apart, holding ball in shooting hand.
- Your hand should be behind the ball with fingertips facing you.
- Elbow is high and bent in front of you.
- Place the other hand at the side of the ball to support the shooting hand.
- Extend your arm and release the ball as you flick your wrist.
- Straighten your knees from bent position and lift onto your toes.

Challenge

- The further away you are from the target the harder it is to score.
- How many baskets can you score?
- Do you have a favourite side to shoot from?



Basketball Shooting - The Lay Up

Task

- Shooting from the right side of the basket, take off from your left foot lifting your right knee and extending your right hand towards the basket (picture).
- Lay the ball off the backboard and into the hoop.
- Practice from the left side using the opposite arm and leg (picture).

Challenge

- Take 2 steps then take off the correct foot.
- Dribble the ball once then take 2 steps and lay up.
- Stand further back, dribble up to the basket and lay up.

Equipment

- Basketball or large bouncy ball
- Basket or a target on a wall

