

BASKETBALL: GAMES



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1. INTRODUCTION

GAMES

Teachers must design their activities to help children accomplish three major goals:

- A) Children need to be highly active!**
- B) Children want to feel highly successful!**
- C) Children want to have a lot of fun!**



2. WARMING UP

□ BALL HANDLING SERIES

The students have to do the activities sequentially, following teacher modeling :

- a) Move the ball around the head in both directions.
- b) Move the ball around the knees, waist and head, working upward and then downward.
- c) Move the ball around the left knee (both directions). Then around right knee.
- d) Move the ball around both knees (both directions).
- e) Pass the ball through the legs while walking forward. Repeat running forward.
- f) ...



3. BASKETBALL STANCE AND FOOTWORK

DEFENSIVE AND OFFENSIVE POSITION

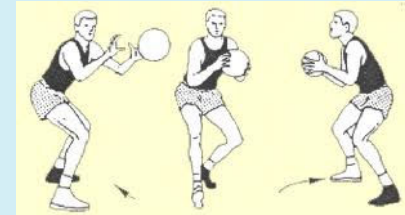
- 1) Defensive position is number 1 and offensive (triple-threat position) is number 2. Teacher says 1 or 2 and students must do each position without ball and with the right technique. Teacher will increase the speed.
- 2) Two players with one ball must pass it with the right defensive and offensive positions.



□ PIVOTING

1) *Pivoting drills*

1. Start with the left foot as pivot foot.. Pivot Forward 15 times.
2. Pivot Backward (reverse pivot)15 times.
3. Repeat it with the right foot like pivot foot 15 times.



2)

Two players with one ball. Player 1 pass the ball to player 2 and defends him. Player 2 must pivot with the left foot. Repeat with the right foot and change the roles.



4. DRIBBLING

1) "Basketball Frenzy"

Scatter the basketballs on the gym floor and have the students stand next to a basketball. On the "go" signal, each student will pick up a basketball and dribble it two times, leave it, move to another ball and dribble it two times. The object is to keep all of the basketballs moving until the stop signal. When they have become comfortable with dribbling, add the following: Dribble three times and move to another ball.

Dribble with the non-dominant hand.



2) *"Partner Dribble"*

On the "go" signal, partner 1 dribbles the ball with the outside hand while partner 2 tries to touch it. After 20 to 30 seconds, the teacher says "stop" and the kids change the roles.



3) *“Dribble Keep-away”*

Give each partner a basketball. Both players dribble at the same time while trying to knock the basketball from their partner. Players must keep dribbling at all times.



4) *“Dribble both balls”*

Give each player two basketballs, and position them at the baseline. Each player dribbles both balls to the other baseline where is his partner. The first player to make it without losing a ball is the winner.



5. *PASSING*

1) “*Passing series*”

Two players with one ball must do the following exercises:

- **Two-Handed Chest Pass**(20 times)
- **Two-Handed Bounce Pass** (20 times)
- **The One-Handed Push Pass** (20 times)
- **Overhead Pass** (20 times)
- **One-Handed Baseball Pass** (20 times)

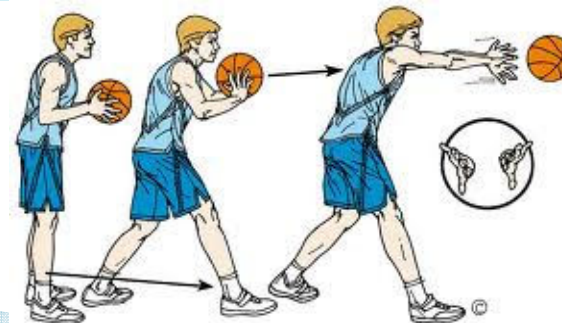
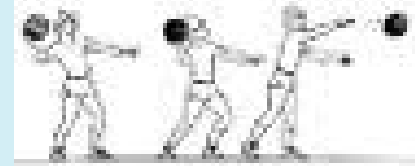


** Kids must do it with the right passing and catching principles. Correct their mistakes!*

2) “Cannon Shoot”

Two balls per team:

- Two teams are on opposite baselines. One member of each team is positioned at half-court and another at the far basket.
- The first player in line tosses the ball onto the backboard to start the game. The rebound is pulled off the backboard and a baseball pass is thrown to the player at half-court.
- With no more than one dribble, this player must turn and shoot the ball at the basket. He or she can use a chest pass; a baseball pass; or, if the person has the necessary strength, shoot the ball. The player at the far basket rebounds and dribbles the ball back to the opposite end and joins his or her team.



3) *“Pass & go circle”*

Make a circle at midcourt. One player in the middle. First player passes to middle player, and goes there after his pass. Middle player passes to next player in circle (clockwise) and moves into circle to replace the spot where the previous player came from. Ball may not touch the ground, use chest-passes.

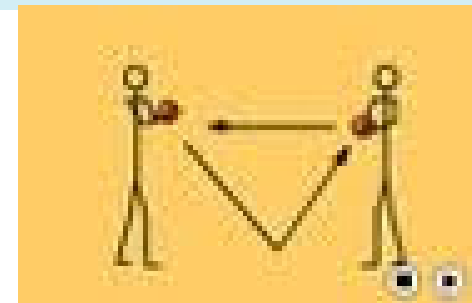
Make it a competition by demanding 30 passes. If ball hits floor, start over again. If done well, also try overhead passes, for example.



4) “Partner Wall Passing”

One ball per two players:

Partners are in front of the wall at a distance of 2 to 3 meters. The front partner executes a chest pass to the wall and immediately slides to the side, then behind his or her partner. The back partner receives the pass and repeats the process. The partners try to get into a rhythm of sliding to the side and back again, circling one another while keeping the ball in motion.



6. SHOOTING

□ LAYUPS:

1)

Place a chair under the basket. Line up players in the middle as illustrated. Each player runs toward the basket and the coach passes them at the free-throw line. Players take one dribble, adjusting to the chair by veering to one side or the other. They finish with the layups. (3 times on the right side and 3 on the left side)

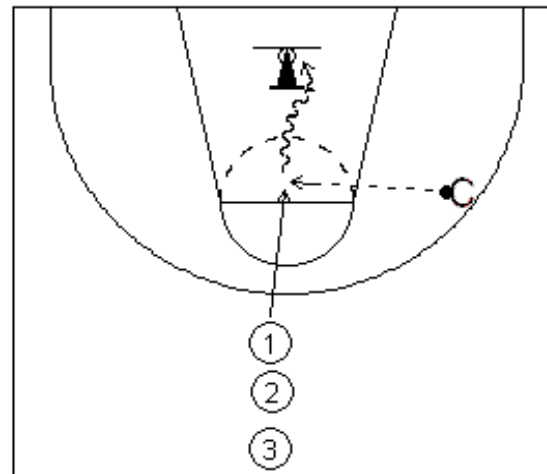


Diagram 1

2) “Competitive lay-up drill”

Use both ends of the floor. Divide the team into two equal groups, placing one group at one end of the court and the other at the opposite end. Put the starting player exactly the same distance from the basket he faces.

On the signal, the first player in each line dribble to the basket and a lay-up. As soon as he scores, he passes back to the second player in line. The second player must not start until the ball touches his hands. Play continues until one line scores 20 points, each goal counting 2 points.

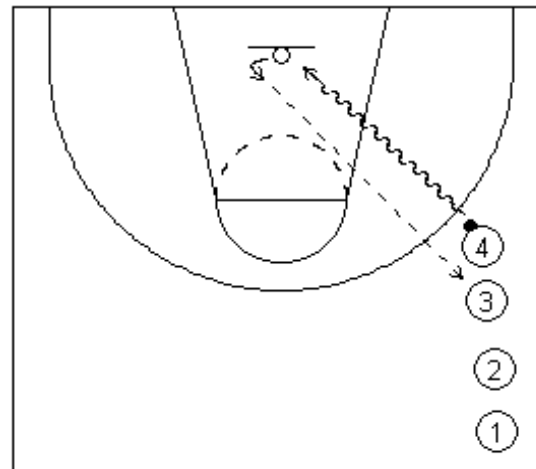


Diagram 5

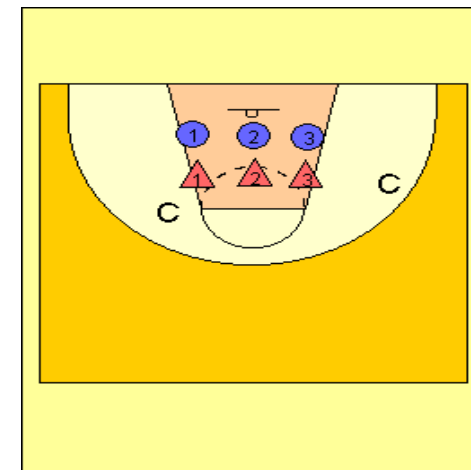
□ REBOUNDING

1) “3 on 3 rebounding game”

The game is played with the coaches shooting the ball. Divide your team into groups of three. The defensive players take the position between the basket and the offensive team.

The points are awarded in the following manner:

- Defensive team - one point for each rebound or foul committed against it.
- Offensive team - one point for each rebound or foul committed against it and one additional point for each basket made upon recovery of the ball.



2) “Rebound line”

Make two lines on opposite ends of the court at the free throw line. One person starts it off by throwing it off the backboard and then runs to the other line. Next person in line grabs the ball in mid air and throws it off the backboard to the next person. This continues for 2-3 min. without the ball hitting the ground.



□ FREE THROWS

1) “Twenty – one”

- Assign 3-5 players for each game. Play starts with one of the players lightly, bouncing the basketball off the backboard. At this point any player may get the ball and attempt to score.
- If a player makes a goal, he/she is given 2 point and moves to the free throw line. The player will now get to shoot free throws until he/she misses. Each shoot made from the free throw line will be worth 1 points.
- Once the player misses, any other player may now get the rebound and try to score. The game continues until 1 player reaches exactly 21 points. Any player may defend any other player, except on the free throws.
- If a play goes over 21, he/she must go to 31.

**There are many variations of this game.*



2) *“Free throw drill”*

There are 4 teams. One player of each team shoots 6 free throws. If he misses more than 2 times, his team have to run around the court the times he missed. He must shoot until he gets zero mistakes.



□ SHOOTING

1)

One player starts with the ball under the basket. The other player spots up from any spot on the floor. The ball is passed to the shooter who catches the ball low with his knees bent and shoots a jump shot. He gets his own rebound while the passer now spots up to shoot. After a pass is made get a hand in the shooter's face and go game speed.

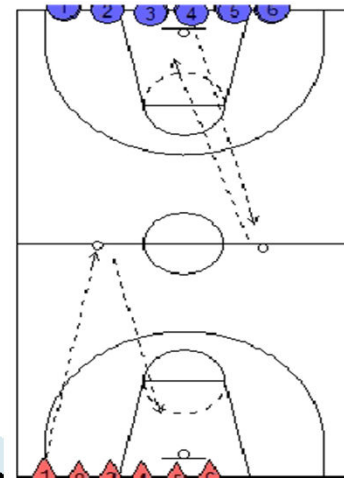


7. MULTISKILL ACTIVITIES

1) “Ball Drag Race”

(The objective of the drill is to be able to dribble and shoot under pressure)

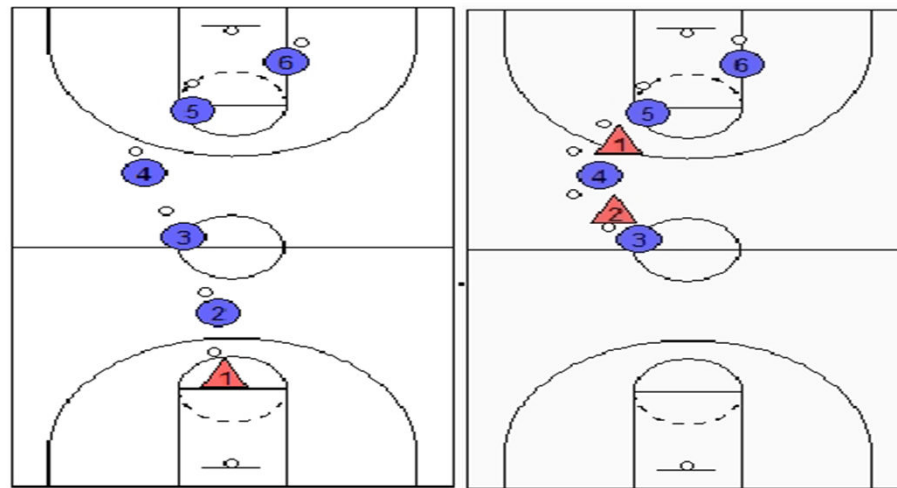
- The students are broken into two groups on each baseline.
- Each group member is given a number. A person on one baseline will have the same number as a person on the opposite baseline.
- Two basketballs will be set at half court.
- The coach will call out a number. If the players number is called they will sprint out from each side and run to get the ball set at half court for their group.
- The student that dribbles to their basket and scores a basket first gets a point for their team.



2) “Snake Dribbling”

(This drill develops ball-handling skills)

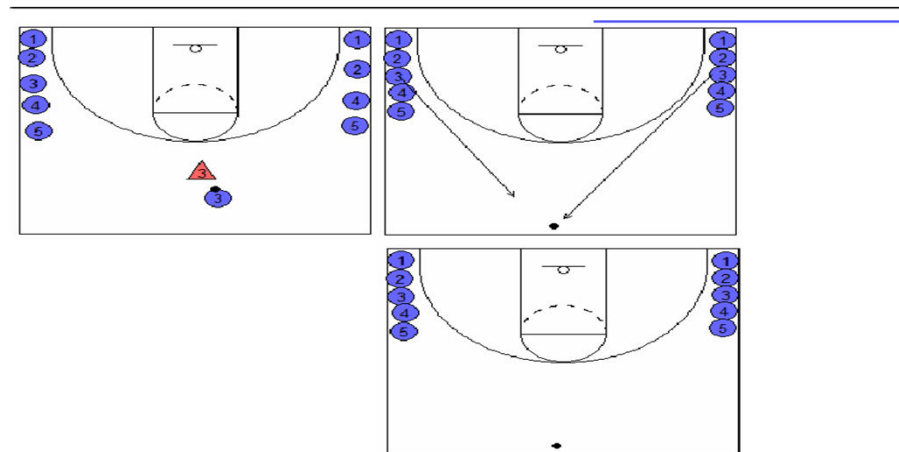
- One ball for each player.
- All players form a winding line like a snake, each with a ball in their hand.
- The last person in line must dribble the ball low with their head up through the snake, until he reaches the front of the line and stop.



3) “War”

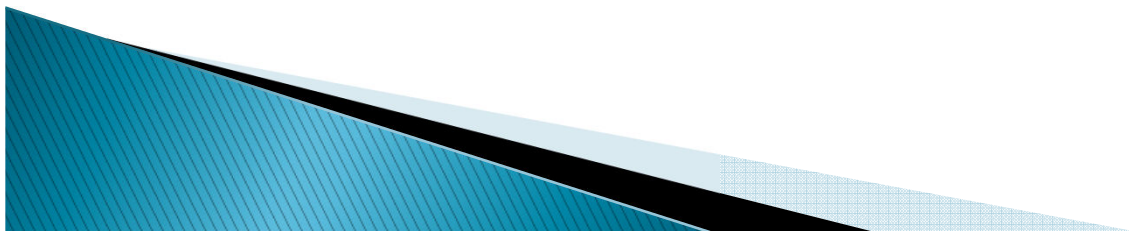
(This drill helps develop aggressive play as a competitive attitude to the ball)

- Divide the team into two even groups and have the two teams line up on opposing sidelines. Give every player on each team a number.
- Place the ball at half-court and call out a number, for example, “number 3!” It from each side will sprint out to get the ball.
- The player that picks the ball up first is the offensive player and the other player assumes the defensive role.
- The offensive player then tries to score and can use his teammates on the sidelines for passing only.
- If the defensive player steals the ball or gets a rebound, he must “check” the ball by passing it out to one of his teammates before
- After one of the players scores, or both return to the lines.



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THANK FOR YOUR ATTENTION!

