

## MOVEMENT DEVELOPMENT

# Ball Control



15 MINS

EQUIPMENT



**a** Remember BEEF - Balance, Eyes, Elbow, Follow Through.

**b** Practise moving the ball around in different ways.

## Organisation

- **Shooting Form:** Recap BEEF. Players then dribble around the court in any direction they wish. On the activator's call, players demonstrate BEEF, shooting the ball into the air. Continue practice.

- **Juggle the Ball:** Players move around the court with the ball above their heads, juggling it between their hands. On the activator's call, players switch between juggling above their heads and dribbling around the court.



- **Figure of Eight:** Players dribble the ball around the court. On the activator's call, they stop and perform figure of eights through their legs. This can be done with the ball on or off the floor.

## Top Tips

- BEEF is only a guide. Remember a child's enjoyment is more important than technical competence.
- If players are struggling with BEEF, challenge them to try only one action.
- Challenge players to use tennis balls in juggle the ball and figure of eight drills only.

## GAME INTRODUCTION

# Around the World

15 MINS

EQUIPMENT



a

a

Take it in turns to shoot at the basket. When players score, they move to the next cone.

## Organisation

- Arrange the group into pairs.
- Place cones around the basket, enough for one cone for each pair.
- If baskets are not available, mark out a small box for each group on the floor. This will act as a basket.
- In pairs, players take it in turns to shoot at the basket.
- After a set time period, see who has scored the most baskets.
- Move pairs onto the next cones and repeat the cycle.

## Question Corner

- Can you show me how you shoot?
- What are some important things to do when shooting?

## Top Tips

- Challenge players to increase the number of successful shots.
- Arrange the cones so some are more difficult than others, providing opportunities for challenge and success.
- Encourage players to face the basket.

## GAME DEVELOPMENT

2 v 2

BASKETBALL  
ENGLAND

30 MINS



EQUIPMENT



**a** Get to the ball before the opposition.

**b** Dribble and pass around defenders then shoot at the basket.

FIND OUT MORE AT:

[www.basketballengland.co.uk](http://www.basketballengland.co.uk)

## GAME DEVELOPMENT

## 2 v 2

30 MINS

EQUIPMENT



**a** Get to the ball before the opposition.

**b** Dribble and pass around defenders then shoot at the basket.

### Organisation

- Players are grouped into fours, paired up and given the same number. Ensure players understand who they are working with.
- Players then stand on the baseline, not in groups of four, but in their pairs in random order.
- If baskets are not available, mark out a small box on the floor. This will act as a basket.
- Mark out a line approximately 3m away from the basket, players are not allowed passed the line.
- The activator throws the ball onto the court and calls out a number.
- The players with that number run onto the court. Whichever pair gets the ball first is on offence and the other on defence for one possession and one shot of two on two. An offensive rebound gives the attacking players an additional attack and double points when they score.

- Ensure waiting players are practising skills (figure of eights, around the waist, around the head).

### Question Corner

- When is the best time to shoot? Why?
- How did you create space to shoot?
- What do you need to improve on for next time?

### Top Tips

- Try to pair players of similar ability.
- Use a time limit if games become too long.
- Split the practice in two and use both baskets.