

## MOVEMENT DEVELOPMENT

# Raid the Lines

BASKETBALL  
ENGLAND

15 MINS



EQUIPMENT



**a** Move quickly to place the ball between the cones.

**b** Defenders can intercept the ball.

## Organisation

- Groups of five or six.
- For each group, mark out a 3m x 3m square.
- Four defenders stand between the cones, one defender on each side of the square.
- One offensive player stands inside the square with a ball.
- The offensive player has 30 seconds to put the ball down between the cones as many times as possible.
- The defenders can only move sideways between the cones – not forwards or backwards – and can touch the attackers to stop them from scoring.

- After 30 seconds, swap the offensive player for a defender.
- All children are to have two goes at attacking.

## Top Tips

- Use the waiting players to count scores.
- Adjust the size of the square to allow for variation.
- Encourage attackers to squat to put the ball down.

## GAME INTRODUCTION

## Shark Pool

15 MINS

EQUIPMENT

**a**

Get to the opposite baseline without getting caught.

**b**

If tagged, you become a shark.

### Organisation

- Set up a big enough area so players have to demonstrate agility skills to beat the sharks.
- Nominate one or two sharks to be 'on'.
- All of the other players stand on the baseline and wait for the sharks' command of 'Go'.
- The sharks have to tag the other players before they get to the opposite baseline.
- Once all the players have been tagged, nominate two new sharks and play again.

### Question Corner

- How did the sharks work together to tag the players?
- Show me how you beat the sharks.
- How can this game help improve your basketball skills?

### Top Tips

- Challenge players to play the game while dribbling a ball.
- Adjust the grid to challenge players.

## GAME DEVELOPMENT

# Basketball Kabaddi

BASKETBALL  
ENGLAND

30 MINS



EQUIPMENT



a



a

Score by stealing the ball from the opposition's end zone. Defenders join hands to tag attackers.

FIND OUT MORE AT:

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

## GAME DEVELOPMENT

Basketball  
Kabaddi

30 MINS

EQUIPMENT



- a** Score by stealing the ball from the opposition's end zone. Defenders join hands to tag attackers.

**Organisation**

- Teams of three, four or five. Ensure you make as many teams as possible to enhance involvement.
- Set out areas, one for every two teams, big enough to make the game suitably challenging.
- Mark out a centre line across the middle of each area and mark out a 2m end zone at the end of each area.
- Place one ball in each end zone.

**2 Individual Challenges**

- Change the size of the courts to challenge players.
- Challenge individuals to work together to tag players.

**1 Rules**

- Players join hands and stand in their half of the court. One team wears bibs.
- Players take it in turns to run into the opposition's half and try to steal the ball from the end zone. To score a point, the players must return the ball to their end zone without being tagged by the opposition. If a player is tagged, they must immediately return the ball and go back to their team-mates.
- Once a player attempts to enter the opposition's half, the opposing team-mates must keep their hands joined together when trying to tag the player.
- Players can only be tagged in the opposition's half.
- Once every player has had a go at stealing the ball, stop the game and work out the score. Start the game again.

**Question Corner**

- What did you enjoy about the game?
- How did you work together?
- Why is teamwork important?