

MOVEMENT DEVELOPMENT

Stuck in the Mud



15 MINS



EQUIPMENT



a Move around the area to avoid the catchers.

b To unstick someone, run under their arms.

Organisation

- Set up an area big enough to allow players to move around freely.
- Select two players to be the catchers.
- Players have to evade the catchers by running around the court.
- Players are tagged if the catchers touch them with one hand.
- Once tagged, a team-mate can free them by running under their arms or crawling through their legs.

- Activators can use a time limit or number of tags to determine the duration of each game.

Top Tips

- Challenge players by starting with more catchers.
- Adjust the size of the area to challenge players.
- Ensure all players have a go at being a catcher.
- Challenge players to use a ball while playing.

GAME INTRODUCTION

Defence Game

15 MINS

EQUIPMENT



a Pass and dribble around the defender then shoot.

b You have 30 seconds for each attempt.

Organisation

- Split the group into teams of three, four or five.
- Each team will work towards one basket only. If there are more than two teams and only two baskets available, set up another court and allow other teams to pass the baseline to score.
- The game starts with one defender and the offensive team starts the attack on the mid-court line. The offensive team has 30 seconds to attack.
- After one attack, the offensive team returns to the mid-court line and another defender is added.
- Continue this cycle until the final offensive player attempts to score.
- Reset the game and play again, ensuring defenders start in the opposite order.

Question Corner

- How did you work together in defence to stop the attack?
- How did you work together in attack to score?
- Why is defence important in basketball?
- Did the practice make you feel out of breath? Why?

Top Tips

- If some teams are playing to the baseline, ensure teams are rotated to provide shooting opportunities for all players.
- Depending on the ability of the players, increase or decrease the speed of practice between attacks.

GAME DEVELOPMENT

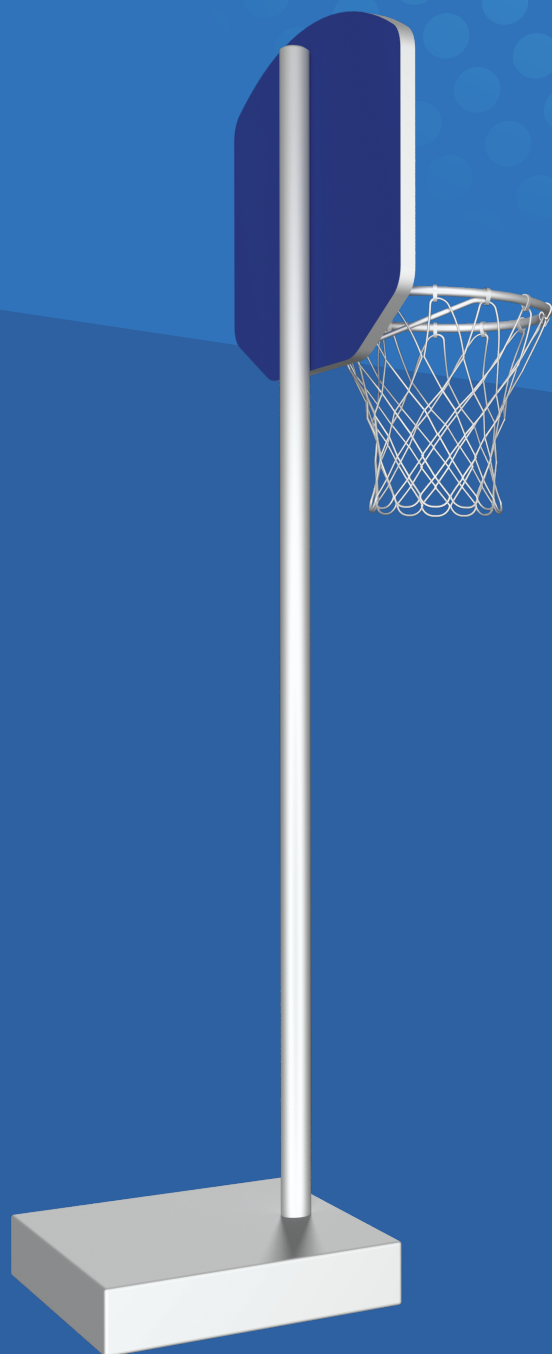
Attacking Game

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT



- a** Work as a team to get around two defenders and shoot.
- b** Defenders can intercept the ball.

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GAME DEVELOPMENT

Attacking Game

30 MINS

EQUIPMENT



- a** Work as a team to get around two defenders and shoot.
- b** Defenders can intercept the ball.



Organisation

- Split the group into teams of six or seven.
- Each team will work towards one basket only. If there are more than two teams and only two baskets available, set up another court and allow teams to enter the baseline to score.
- The game will always be played with two defenders with the remaining players attacking.
- The activator sets the time limit on each game. Don't let games run too long because defenders may become tired very quickly.

1 Rules

- Normal basketball rules apply, although travelling is allowed as long as the offensive player is attempting to dribble and invade space.

2 Individual Challenges

- Challenge players not to travel. Restart the practice if challenged players travel.
- Challenge dominant players to assist other players.
- Challenge players with a time limit for possession.

Question Corner

- Who found that practise challenging? Why?
- What did the game teach you? Why is that important?
- Who enjoyed working with your team mates? Why is this important?