

MOVEMENT DEVELOPMENT

Rob the Nest



15 MINS

EQUIPMENT



a One at a time, collect balls from within the hexagon. The team with the most balls at the end wins.

Organisation

- Set up a hexagon shape with the cones and place basketballs and tennis balls in the middle.
- Divide the group into six teams. The teams then stand in their marked area at each point of the hexagon.
- On the activator's call, one person from each team runs to the middle of the hexagon, collects a ball and places it in their area.
- Once the ball has been put in their area, the next player follows suit.
- This is repeated until all objects are removed from the middle.

Top Tips

- Challenge players to avoid other players by speeding up and accelerating.
- Change the size of the hexagon to challenge players accordingly.
- Introduce stealing objects from other teams.
- Set up two hexagons to increase involvement.

GAME INTRODUCTION

Duel

15 MINS

EQUIPMENT



a One at a time, try to dribble past the defender.

b The defender can intercept the ball.

Organisation

- Groups of three or four.
- For each group, mark out an area 15m long x 5m wide across the court.
- A defender stands in the middle of the area.
- Dribbling a ball, offensive players take it in turns to beat the defender in a 1v1.
- After each attacker has had two goes, swap the defender.
- Ensure waiting players are practising skills (figure of eights, around the waist, around the head).

Question Corner

- What was your game plan?
- Why is agility important in basketball?
- Why can this activity benefit your health?

Top Tips

- Challenge offensive players to use a tennis ball.
- Encourage the offensive players to share ways of beating the defender.

GAME DEVELOPMENT

Basketball Kabaddi

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT



a



a

Score by stealing the ball from the opposition end zone. Defenders join hands to tag offensive players.

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GAME DEVELOPMENT

Basketball Kabaddi

30 MINS

EQUIPMENT



a

Score by stealing the ball from the opposition end zone. Defenders join hands to tag offensive players.

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 Challenge

- Challenge player to dribble the ball when retrieving it from the end zone.
- 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 a 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?