

## MOVEMENT DEVELOPMENT

# Figure of Eight



15 MINS

EQUIPMENT



- a** Practising moving the ball around in different ways.
- b** Ensure both hands are the lead hands so that they players writing hand isn't dominant

## Organisation

- **Stationary Ball Figure of Eights:** Players stand holding a ball with their legs wide apart and chest up. Players put the ball on the floor and roll it between their legs in a figure of eight, 15 times each way. Then challenge players to move the ball around their ankle, waist, or head. Change on activators call.
- **Moving Side to Side Rolls:** Players stand holding a ball on the baseline with their legs wide apart and chest up. Players put the ball on the floor and roll it side to side while moving towards the mid-court line and back. Repeat, moving sideways and backwards.
- **Recap BEEF.**

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

## Top Tips

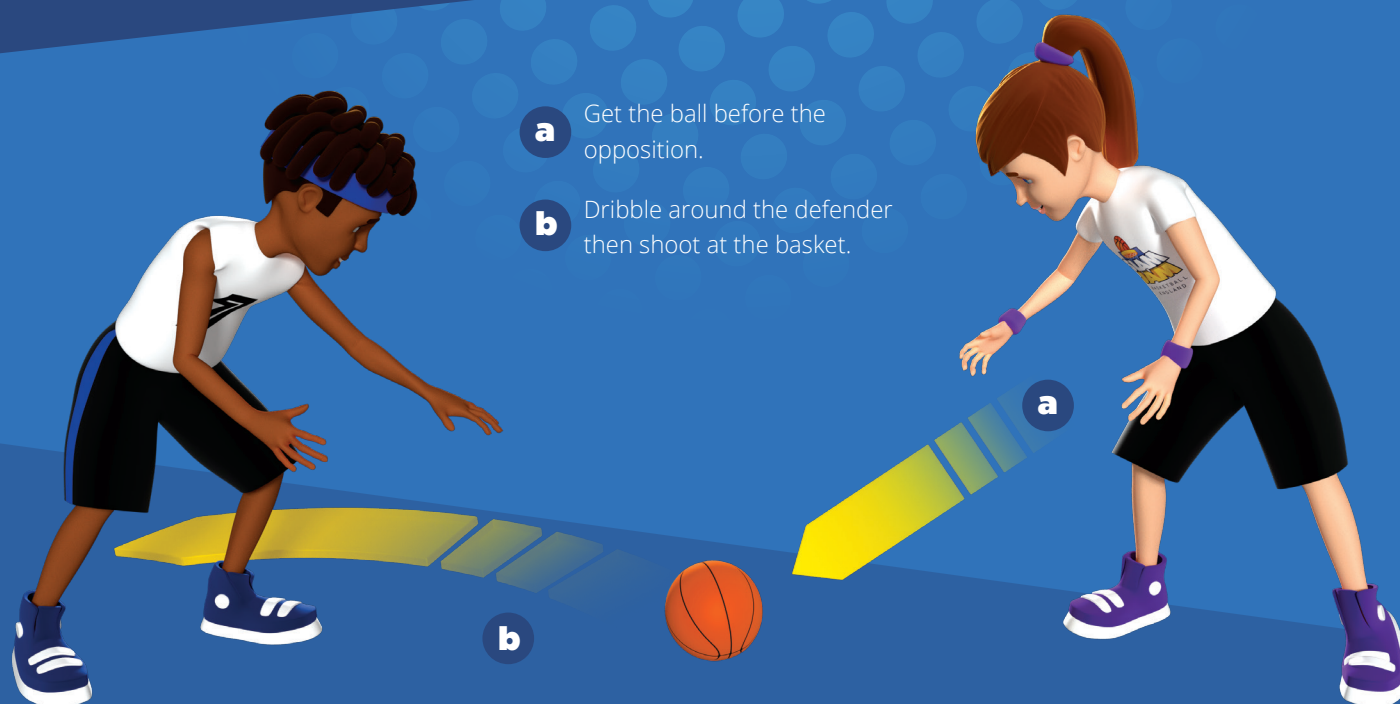
- **Figure of Eight:** Challenge players not to put the ball on the floor.
- Remind the players of BEEF.

## GAME INTRODUCTION

1v1

15 MINS

EQUIPMENT



- a** Get the ball before the opposition.
- b** Dribble around the defender then shoot at the basket.

## Organisation

- Players are paired up and given the same number.
- Players then stand on the baseline, not in their pairs, but 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 past the line.
- The activator throws the ball onto the court and calls out a number.
- The two players with that number run onto the court and whoever gets the ball first is on offense and the other on defense for one possession and one shot of one on one. An offensive rebound gives the attacking player 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 into two and use both baskets.

## GAME DEVELOPMENT

# Shooting Game

BASKETBALL  
ENGLAND

30 MINS



EQUIPMENT

**a**

Work as a team to pass defenders and shoot.

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## GAME DEVELOPMENT

# Shooting Game



30 MINS

EQUIPMENT



a

Work as a team to pass defenders and shoot.

## Organisation

- Teams of three or four.
- Two teams play against each other, attacking one basket only.
- Depending on the number of baskets available, baskets can be marked on the floor.
- Activators ensure all teams play an equal number of games.

- Travelling is allowed as long as the offensive player is attempting to dribble and invade space.
- Defenders can intercept or steal the ball.
- Ensure players take it in turns to start the attack.

## 1 Rules

- One team starts with the ball on the baseline.
- Players can pass or dribble to take the ball forward.
- Once a team has scored, they leave the ball and the non-scoring team has a go at attacking.

## 2 Individual Challenge

- Challenge players not to travel.
- Reward teams with an extra point if they can make a set number of passes before scoring.
- If using a basket marked on the floor, challenge players to use the BEEF principles to project the ball correctly.
- Challenge more dominant players to assist other players.
- Challenge players with a time limit in possession.

## Question Corner

- Who did I challenge not to travel? How did it go?
- What do you need to work on for next time? Why?

- What is the best way to defend/attack? Why?
- What did you enjoy the most about today's session? Why?