

MOVEMENT DEVELOPMENT

Target Pass



15 MINS



EQUIPMENT

**a****b**

a Pass and dribble around the area into space.

b Make as many passes as possible when signalled.

Organisation

- Set up an area big enough to allow players to move around freely.
- In pairs, players move around the area, with one ball, dribbling and passing to each other.
- On the activator's command, players stop and make as many passes to each other until the activator shouts stop.

- Continue the practice.

Top Tips

- Only allow a bounce, chest or overhead pass.
- Change partners after a set number of goes.
- Let players pass while on the move.

GAME INTRODUCTION

Basketball Tag

15 MINS

EQUIPMENT



- a** Work as a team to tag the opposition.
- b** Players can only tag when they are in possession of the ball.

Organisation

- Teams of two, three or four.
- Set up a big enough area to allow players to move around freely.
- Two teams start in one area, one team has a ball.
- The team with the ball has to tag players from the other team (when tagging, players must remain in contact with the ball) and can move the ball around the area by dribbling or passing.
- Players cannot throw the ball at other players to tag them.
- For each tag, the team scores a point.

- The time of each game is set by the activator.

Question Corner

- What was the best way to tag players? Why?
- How did you work together? Did you enjoy that?

Top Tips

- Swap teams around or change the size of the area to challenge players.

GAME DEVELOPMENT

Passing
Challenge



30 MINS

EQUIPMENT



a Work together to make as many passes as possible.

FIND OUT MORE AT:
www.basketballengland.co.uk



GAME DEVELOPMENT

Passing Challenge

30 MINS

EQUIPMENT



- a** Work together to make as many passes as possible.

Organisation

- Teams of three, four or five.
- Set out enough areas to allow all teams to play.
- Adjust the size of the areas to make the game suitably challenging.

1 Rules

- The aim of the game is to make as many passes as possible before losing the ball.
- Players can pass the ball and dribble to create space.

- The team without a ball can only get the ball back by intercepting a pass.
- Swap teams after a certain amount of attempts with the ball or a set time.

2 Individual Challenges

- Challenge players to use a certain pass only.
- To avoid bunching, put players in certain zones.
- Challenge players with a time limit during possession.

Question Corner

- I noticed a lot of bunching, what is the problem with this?
- What do you need to work on for next time? Why?
- How did you create space to pass?
- What did you enjoy the most about today's session? Why?