

MOVEMENT DEVELOPMENT

Dribble Slalom



15 MINS



EQUIPMENT

**a**

Dribble in and out of the cones and back.

b

Try not to lose control or touch the cones.

Organisation

- Set up enough lines of cones so no more than four players are stood behind one line. The space between the cones is dependent on the ability of the players (decrease the space to increase the difficulty).
- Players line up behind the cones with a ball each.
- On the activator's call, players dribble between the cones to the last cone and back.
- The waiting player goes when the player in front gets to the second cone (this should ensure that no players are stood waiting).

Top Tips

- Challenge players to move sideways and backwards.
- Challenge players to avoid each other.
- Challenge players to try using a tennis ball.

GAME INTRODUCTION

Basketball Tag

15 MINS

EQUIPMENT



a

Players can only tag when they hold the ball.

Organisation

- Teams of two, three or four.
- Set up a big enough area to allow two teams 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 hold the ball to tag the opposition) 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 the 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?
- Did you improve from the last time you played?

Top Tips

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

GAME DEVELOPMENT

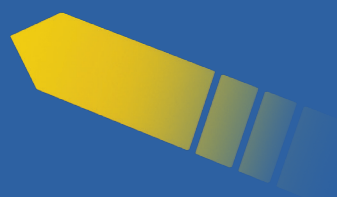
Fun Games Festival

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT

**a**

Different challenges to practise everything learnt so far. Remember the different skills and techniques needed.

FIND OUT MORE AT:

www.basketballengland.co.uk

GAME DEVELOPMENT

Fun Games Festival

30 MINS

EQUIPMENT



a

Different challenges to practise everything learnt so far. Remember the different skills and techniques needed.

Organisation

- Teams of three, four or five. Try to create an equal number of teams.
- Set out enough areas to allow all teams to play. Adjust the size of the areas to make the game suitably challenging.
- Assign a game from Card Two and Card Six to each court.
- For example, court one and court three are passing challenge and court two and court four are mat ball.

- Set a time limit on each round of games.
- After the time is up, rotate teams to ensure they play a different game against a different team (if possible).

Question Corner

- Why is playing games important for your health?
- Why is working together important?