

MOVEMENT DEVELOPMENT SHAPES

BEEF



15 MINS

EQUIPMENT



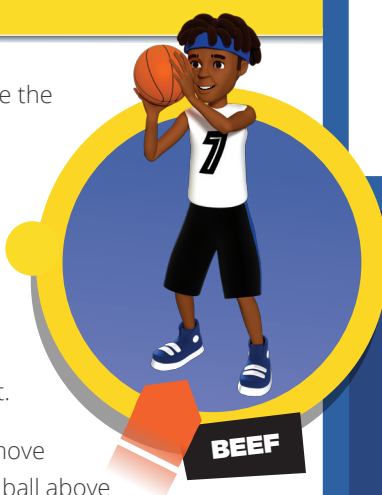
a Dribble around, moving into space.

b BEEF - Balance, Eyes, Elbow and Follow through.

Organisation

- **Shooting Form:** Introduce the players to Balance, Eyes, Elbow and Follow through (BEEF). Players then dribble. On the activator's call, players swap between juggling above their heads and dribbling around the court.

- **Juggle the Ball:** Players move around the court with the ball above the head, juggling it between their hands. On the activator's call, players swap between juggling above their head and dribbling around the court.



- **Figure of Eights:** Players dribble the ball around the court. On the activator's call, they stop and perform figure of eights through their legs. This can be done with the ball on or off the floor.

Top Tips

- BEEF is only a guide. Remember a child's enjoyment is more important than technical competence.
- If players are struggling with BEEF, challenge them to try only one action.
- Challenge players to use tennis balls in 'juggle the ball' and 'figure of eights' drills only.

GAME INTRODUCTION

Shooting Challenge

15 MINS

EQUIPMENT



a BEEF.

b Knees bent.

Organisation

- Groups of three or four.
- Each group use a basket. If baskets are not available, mark out a small box for each group on the floor, this will act as a basket.
- One player is the defender, while the others work together to shoot at the basket.
- Players can pass, or to create space, can dribble and then pass or shoot.
- If baskets are available, ensure all groups have a go at using the basket.

Question Corner

- What was your game plan?
- How did you make successful shots? Show me.
- How did you work together to create shooting opportunities?
- What does BEEF stand for?

Top Tips

- Challenge shooters by reducing the size of the basket marked on the floor.
- Encourage the offensive players to share ways of scoring.

GAME DEVELOPMENT

Shooting Challenge

BASKETBALL
ENGLAND

30 MINS



EQUIPMENT



- a** Work as a team to score a basket.
- b** Once a team has scored, change possession.

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GAME DEVELOPMENT

Shooting Challenge



30 MINS

EQUIPMENT



a Work as a team to score a basket.

b Once a team has scored, change possession.

Organisation

- Stay in the same groups from shooting challenge (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 Challenges

- 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.

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?