BASKETBALL SKILL ACTIVITIES

Skill Development Activities

Basketball Skills

- Students in pairs with one basketball between each pair.

1. Students continually pass the ball through their legs.
   **Modification**
   Swap direction of the basketball

2. Students continually bounce the basketball through their legs
   **Modification**
   Swap direction of the basketball

3. Students pass the ball around their body from their legs, around their waist, to their head and back down again.
   **Modification**
   Pass the ball around both legs separately and then around both legs.

4. Students hold a basketball in-between both hands with their hands at about head height, they must pass the ball from one hand to the other as fast as possible.
   **Modification**
   Students use a smaller ball and complete the activity at different heights eg. Down near feet or up above the head.

**Knock Out**

1. Each student has a basketball.
2. Students find an area to bounce their ball.
3. Students bounce their ball and attempt to try and knock another student’s ball out of their hands whilst trying to protect their own ball.
4. One the ball bounces out of the area, that student is eliminated.
5. Area decreases as the number of students remaining in the area decreases.
6. Game finishes when only one student is remaining.
Team Tag

1. Students are divided into four even teams.
2. One team is nominated to be the ‘taggers’.
3. Students pass the ball between their team mates, in an attempt to tag another student with the basketball.
4. Once a student is tagged, all members of the tagged students team are eliminated.
5. The game continues until only one team remains untagged.
6. Swap over the team to be the ‘taggers’ and repeat.

Three man weave

1. Students form three lines.
2. The middle student (Student A) starts with the ball.
3. Student A passes the ball to student B and runs in the direction that the pass was directed.
4. Student B passes the ball to student C and runs in the direction that the pass was directed.
5. Student C passes the ball to student A and runs in the direction that the pass was directed.
6. This continues until students reach the other end of the court. After the last pass, the student with the ball has a shot at goal.

Pass Down the Line

1. Students divided into 2 groups.
2. Students stand behind cones on each sideline position 2m apart.
3. One student sidesteps along this line passing the basketball to every student standing behind a cone. The students pass it back to the student side stepping down the line.
4. When the student reaches the end of the line, the student rolls the ball back down to the start and the next person goes down the line, with everyone moving up one cone.
1. Students are divided into 2 groups.
2. In the group, students are each given a number 1, 2, 3, 4, 5 etc.
3. The groups line up on the sidelines of the basketball court parallel to each other
4. The teacher will call out a number eg. 5
5. The number 5’s from both groups run to the centre circle and attempt to get the basketball before their opposition does.
6. The student dribbles the ball to their shooting end and attempts to score a goal. Students are playing one on one basketball.
7. After one student scores a goal, their team gets one point and the students line back on the sideline again.
8. The teacher may call out more then one number in order to teach defence systems in a game like situation
9. Activity continues until all students have had a turn.
Magic Ball

1. Students find a free space in the area each with their own basketball.
2. Students begin dribbling the ball.
3. When the magic ball is held above the teachers head, students dribble to the middle third.
4. When the magic ball is held to the side of the teacher, the students dribble to the third the ball is directed towards.
5. When the magic ball is on the ground, students stop and out the balls at their feet.
6. Repeat the commands for the duration of the activity.

[Diagram of Magic Ball]

Basket Tag

1. Two students are nominated to be the taggers and another 2 students nominated to have a basketball.
2. Students are to find a free space within the designated area.
3. Taggers must try to tag as many students as possible, however they are unable to tag the students bouncing the basketball.
4. Once a student has been tagged they must hold their arms up like a basketball hoop.
5. A student with a basketball places the basketball through the students arms and the student may rejoin the game.

[Diagram of Basket Tag]

Stations

- All stations are performed in groups of two.

Station 1- The Gaze’s Partner Ball Club

1. Students stand back to back.
2. Students are to pass the basketball around their bodies and then to their partner who repeats this process. By doing this students are circling the ball around both of their bodies.
3. After one rotation around the body, the student passes the ball to their partner through their legs and the partner passes the ball back over their head.
4. Continue until next rotation of stations occurs.

Station 2- Shaquille O’Neil Strength Club

1. One student at a time, taking turns, the first student runs around a half of the basketball court, holding a basketball above their head as the run around the court.
2. Once one lap is completed the student passes the ball to their partner and their partner repeats this process.
3. Continue until next rotation of stations occurs.

**Station 3- Yao Ming "Yahoo" Club**

1. Standing one of the polly dots, the first student takes a shoot at goal and the second student rebounds the ball.
2. When the rebounding student lands they yell ‘Yahoo!’
3. Students swap roles and attempt shooting from different polly dots.
4. Continue until next rotation of stations occurs.

**Station 4- Michael Jordan Dribbling Club**

1. The first student runs around the three point line and back again while bouncing the basketball.
2. When they return back to the start, the pass the ball to their partner and the partner repeats this process.
3. Continue until next rotation of stations occurs.

**Station 5- Andrew Bogut Passing Club**

1. Pairs stand 2 metres away from a wall facing it.
2. The first student bounce passes the basketball against the wall and the second student must intercept it and bounce pass it against the wall back to the first student.
3. The process is repeated with each student bounce the ball against the wall leaving it for their partner to intercept.
4. Continue until next rotation of stations occur.

**Station 6- Charles Barkly Weaving Club**

1. A course of cones is set out and students are to, one at a time, dodge around the cones up and back whilst bouncing the basketball.
2. Student bounce up and back through the course and tag their partner and their partner repeats this process.
3. Students can also try going backwards through the course.
4. Continue until next rotation of stations occur.

**Station 7- Melbourne Tigers Passing Club**

1. Students stand 2 metres away from a wall while facing it.
2. The first student throws a chest pass towards the wall aiming for the most inner circle of the target.
3. If successful the student then takes a step back and repeats this process.
4. After one throw, students swap over and the second student now has a turn to throw the ball at the target.
5. Continue until next rotation of stations occurs.

**Station 8- The Harlem Globetrotters**

1. The first student starts at the first cone in the crab walk position.
2. The partner places the basketball into their lap and they then begin crab walking to the next cone which is positioned 3 metres away.
3. Students go around the cone and crab walk back to the start cone where they swap roles with their partner.
4. Continue until next rotation of stations occurs.
**Station 9- The Lebron James Shooting Club**

1. Kneeling on polly dots, students take it in turn to practice shooting with the mini basketball and hoop.
2. Should student attempt to shot goals from different polly dots.
3. Once the first student has had five attempts at shooting, students swap over. The student not shooting should be rebounding the ball.
4. Continue until next rotation of stations occurs.

**Activity 10- The Larry Bird Running Club**

1. Students start at the baseline of the basketball court.
2. At the same time students run up to the first green line, touch the line with their foot and run back to the baseline.
3. Students then run up to the second green line, touch it with their foot and run back to the baseline.
4. Student then run up to the third green line, touch it with their foot and run back to the baseline.
5. Continue until next rotation of stations occur.
**Offence, Defence Tag**

1. Students form two teams a defensive team and an offensive team.
2. Each student in the team finds a partner in the other team.
3. The students run around in their teams on opposite sides on the court in an anti-clockwise direction.
4. When the teacher calls ‘offence’ the offensive team chases their partner in the defensive team, trying to tag them.
5. When the teacher calls ‘defence’ the defensive team chases their partner in the offensive team, trying to tag them.
6. Repeat.

**Basketball, Defender, Ring**

1. Students form groups of 4.
2. Students form a straight line 1m apart.
3. The second student in line is the basketball. They bob down in their spot.
4. The third student is the defender. They stand on the stop with their legs spread apart and their arms in a straight line.
5. The fourth student is the ring. They stand up straight with their arms pointing up to the roof.
6. The first person jumps over the basketball, through the legs of the defender and around the ring.
7. They now become the ring and each student moves back one position.
8. This continues until the group reaches the half way line.

**Feet on Fire**

1. Students form four lines. Students should have enough room so that they are able to move freely.
2. Students should be moving quickly on their toes on the spot in a defensive position.
3. When the teacher calls ‘left’, students shuffle to the left.
4. When the teacher calls ‘right’, students shuffle to the right.
5. When the teacher calls ‘ground ball’, students have to get onto the ground in a push up position then jump back up again.
6. When the teacher calls ‘rebound’, students jump up high pretending to get a rebound and yell out ‘rebound’.
7. Repeat.

Skill Development Activities

Partner Shuffle

1. Students form pairs.
2. Students stand facing each other.
3. One student jogs down the court, changing direction and speed.
4. The other student is the defender and defends their partner down the court in the defensive stance shuffling.
5. Students swap over positions.

Partner Shuffle with Ball

1. Students form pairs.
2. Students stand facing each other.
3. One student bounces the ball down the court, changing direction and speed.
4. The other student is the defender and defends their partner down the court in the defensive stance shuffling.
5. Students swap over positions.
2 Vs 2 Passing

1. Students form pairs.
2. Students form a group with another pair.
3. One pair are the attacking players whilst the other pair are the defenders.
4. The attacking pair dribble and pass the ball down the court whilst the defenders try to steal the ball. Defenders keep count of how many intercepts they achieve.
5. Once students get the ball to the end of the court, the attacking and defending players swap roles.

Passing and 1 Vs 1

1. Students form groups of 5.
2. The first group lines up on the polly dots. The ball starts on the end of the line.
3. The second group find a partner from the first group and stand facing them. The students should be in the defensive stance, moving on their toes on the spot.
4. Students in the first group pass the ball to the next person in the line.
5. When the play reaches the last student, the student and their partner play one on one to the basket. The player with the ball dribbles to the ring in an attempt to score whereas the other student tries to stop their partner from scoring.
6. Students rotate one position forward.
Machine Gun

1. Students form groups of 5.
2. The first student in line throws the ball up to the backboard.
3. As the ball rebounds off the backboard, the next student in line jumps up and pushes the ball back onto the backboard.
4. As the ball rebounds off the backboard, the next student in line jumps up and pushes the ball back onto the backboard.
5. This continues for an indefinite period until the rhythm is somehow broken eg. When ball is thrown up it does not hit the backward.
6. Students begin with catching the ball, landing then throwing the ball back up before progressing to catching and throwing the ball whilst in the air.

Circle Rebound

1. Students form groups of 5.
2. One student begins as the shooter and stands in on the foul line. The remaining students step around the jump ball circle in an anti-clockwise direction.
3. When the shooter shots the ball towards the basket, the remaining students run in to fight for the rebound.
4. Whichever student gets the rebound becomes the new shooter and the process is repeated.

Modification
- Students pair up and box out their player in an attempt to get the rebound.
- Change direction of movement around the circle.
- Students start inside the key and box out to get the rebound (see diagram below)
Lay Ups

1. Students form two lines of 3 on each side of the ring.
2. Without using a ball, students take to steps towards the ring and practice pretending to make a lay up.
3. Students should focus on the string between the arm and the leg.
4. Once students are capable at this activity, students progress to using a ball, dribbling in at a walking pace and completing a lay up.
5. Once students are capable of performing a lay up walking, they increase the pace into a jog, putting together the sequential steps of a lay up into one fluent movement.
6. Students attempt both left and right handed lay ups.

Continuous Lay Ups

1. Students are positioned as shown in the diagram below.
2. The first student from each line on the base line passes the ball to the first student standing on the sideline. This student passes the ball back.
3. The students then pass the ball to the student standing in the middle of the court. This student passes the ball back.
4. The students then pass the ball to the second student standing on the sideline. This student passes the ball back.
5. The student line dribbles to the basketball and attempts a lay up. The student then passes the ball to the line on the baseline and joins the end of the line.
Cinciati

1. Students form groups of 4 to 8 students.
2. One student stands on the foul line whilst two lines are formed on the top of the 3 point line ad on the side of the 3 point line.
3. The ball is passed from the first student on the top of the 3 point to the student standing on the foul line.
4. The ball is then passed to a student running from the side of the 3 point line.
5. This student attempts a lay up.
6. The student standing on the foul line comes towards the basket to rebound the ball whilst the first student on the top of the 3 point line moves to now become the student standing on the foul line. The student who completed the lay up joins the end of the line at the top of the 3 point line and the rebounding student joins the end of the line on the side of the 3 point line.

Horse Shoe

2. Students form two lines on the baseline on either side of the ring and two students start at the blocks.
3. The ball is passed from the first in line on the baseline to the student standing on the block. The student on the blocks has a shot.
4. The student that passed the ball runs around to the other side of the key onto the blocks and receives a pass from the first person in line on the baseline.
5. Once the student has had their shot and has rebounded the ball, they pass the ball to the first person in line and join the end of the line.
5. This continues for the duration of the activity. To make the activity more challenging, students can attempt shooting from the foul line extended and then the three point line.
Knock Out

1. Students form groups of 6 to 8 students.
2. Students form a straight line behind the foul shot line.
3. The first person shoots the ball. The second person can start shooting after the first student has put up their first shot.
4. Students continue shooting until they get a goal. If the first student gets the ball in before the second student they are safe and go to the end of the line. If the second student gets the ball in before the first student does, the first student is eliminated from the game.
5. This continues until only one student remains