

BASKETBALL - BULL IN THE RING

Quick introduction

Five players stand in a circle with one player in the middle. The challenge is for the player in the middle to intercept passes being made by those on the outer ring.

Getting started

- Find a big enough space for five players to stand in a circle with one player in the middle.
- Players should not stand too far away from each other, about an arm's width either side is sufficient.
- How many passes can the outer ring make before the ball is touched by the player in the middle?
- Players on the outside cannot pass to the person next to them.
- Ensure different players get a go at being in the middle.
- Record the scores of teams and run a league or record personal bests.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.
- Make all players aware of each other's movement capabilities.

Equipment required

- One ball per challenge.



BASKETBALL - BULL IN THE RING



PHYSICAL ME

- Use two hands.
- Step into the pass.
- Look at where or who you are passing the ball to.

SOCIAL ME

Leading and volunteering

- Demonstrators could show the challenge to others.
- Scorers could record the scores of teams and run the league.

Think inclusively (STEP)

Space

- Increase or decrease the size of the circle to support play; for example, a larger circle provides more reaction time but makes it harder for the interceptor.

Task

- Vary types of pass; for example, bounce or chest passes only gives the interceptor more chance to touch the ball.

Equipment

- Vary ball size; for example a smaller ball is harder to intercept.

People

- Add more interceptors to challenge the passers.

THINKING ME

- How can we stop the person in the middle intercepting the ball?
- Can I have an idea of where I will pass the ball before I receive it?
- When I play in the middle, how should I move to give myself the best chance of intercepting?



SPORTING ME

Spirit of the Games:

Excellence through Competition



I love doing a high five and team chant at the beginning; it really makes me ready.

TACTICAL ME

Can I talk with the others to develop a way of playing that involves quick passing and keeping possession?



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BASKETBALL - DRIBBLE RELAY

Quick introduction

An excellent slalom challenge for improving dribbling with a slalom course designed by young people.

Getting started

- Get the players to place the cones 3m apart from each other.
- After the first challenge players could design their own course.
- Players take it in turns to dribble in and out through the course of cones set out.
- Dribble out and back.
- Players complete the course as quickly as possible.
- This could be a team or individual challenge.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.

Equipment required

- Markers and one ball per person or per group.



BASKETBALL – DRIBBLE RELAY



PHYSICAL ME

- Keep hand on top of the ball.
- Push the ball down – don't slap it.
- Look ahead and not down at the floor.

SOCIAL ME

Leading and volunteering

- Scorers and timekeepers can record the time for each player.
- Equipment managers could design different slalom courses.

Think inclusively (STEP)

Space

- Increase or decrease the total distance; mobility-impaired players can cover shorter distance.
- Increase or decrease gap between cones depending on ability or space needed.

Task

- Wheelchair players use 'two pushes, one bounce' rule.
- Players with restricted movement can carry the ball and bounce and catch at each cone.

Equipment

- Taller cones or posts will be seen more easily by manual or powerchair users.

People

- Visually-impaired players can have manual or verbal guidance around the course.

THINKING ME

- What would be a really good time for the course?
- How can I do a controlled quick turn?

SPORTING ME

Spirit of the Games: *Excellence through Competition*



I know I can gradually improve my times even if the courses get more difficult.

TACTICAL ME

It is worthwhile to slow down before a turn. I can then keep control of the ball at all times.



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BASKETBALL – GOLF

Quick introduction

A golf type challenge where players shoot from different places around the basket to complete a 'round'. Players work to try to score better than 'par'.

Getting started

- Place floor markers or cones at various points around the basket (as in diagram). Players must score a basket at each 'hole' to complete the round.
- Each hole can be given a 'par'. This means setting a number of shots at each hole, e.g. hole one could be a par 3. If it takes three attempts they would score par!
- The total number of attempts to complete the round is the players score. Person with lowest score wins!
- If there is no basket, use a target on the wall.
- Players can challenge another player to a round of golf. Player with lowest score wins.
- Set up multiple stations so lots of people can enjoy the challenge at once.
- Use a partner to collect the rebound.

Equipment required

- Floor markers, or cones and one ball per person.

Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.



BASKETBALL - GOLF



PHYSICAL ME

- Aim at and follow through towards the target.
- Drive up through the body.
- Fingers should point towards the target after the ball is released.

SOCIAL ME

Leading and volunteering

- Demonstrators could show the challenge to others.
- Equipment managers could set out the course and set par.

Think inclusively (STEP)

Space

- Increase or decrease the distance from the markers to the basket according to ability.

Task

- Vary the number of holes to be completed.

Equipment

- Provide alternative targets if the regular basket is not appropriate; for example, a tripod basket or a large box on the floor beneath the hoop.

People

- A caller beneath the hoop can provide verbal guidance for visually-impaired players.

THINKING ME

- It would be fantastic to score less than par. How can I do that?
- I need to find the areas where I find it easiest to score.
- If the first shot misses, how can I learn from it to make the second go in?

SPORTING ME

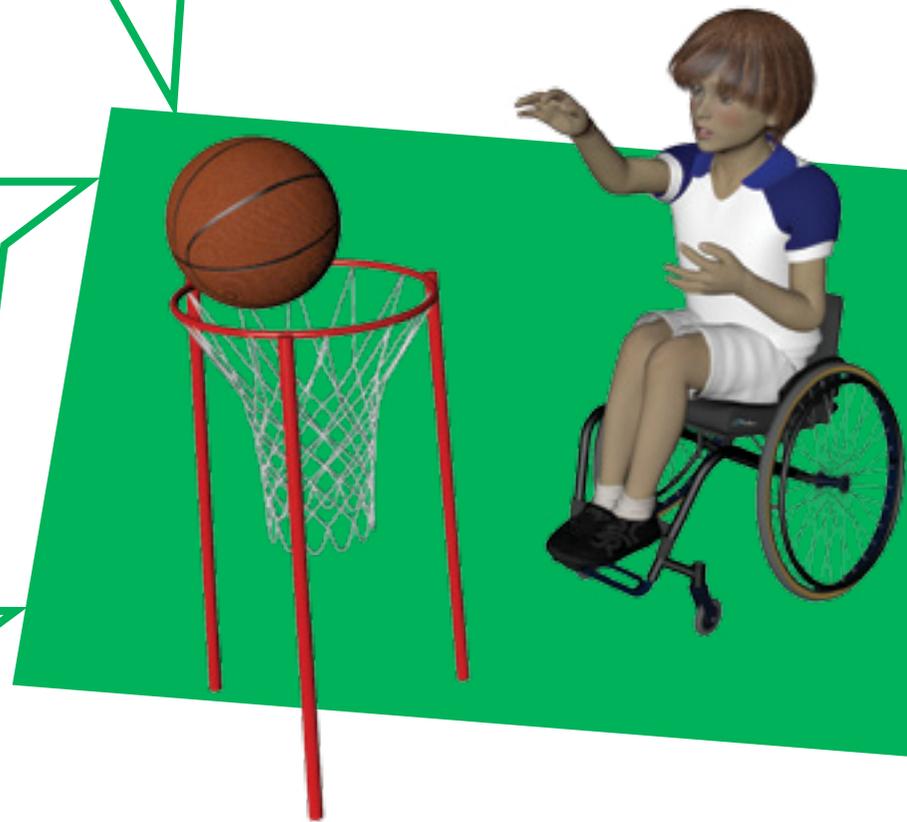
Spirit of the Games:
Excellence through Competition



If shooting with somebody else we will take it in turns.

TACTICAL ME

I will have a good look at the course and set myself target scores from each position.



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