



VIRTUAL SCHOOL GAMES INTRA SCHOOL COMPETITION PROGRAMME

BASKETBALL

@TRAFFORDSSP

#TRAFFORDVIRTUALSCHOOLGAMES



STATION 1: DRIBBLE SLALOM

Equipment & Set Up

-  Teams of 5 players
-  One Basketball per team (Y3/4 size 4 & Y5/6 size 5)
-  Marker cones
-  Place the marker cones in a straight line 3m apart



Scoring: 1 point for each completed dribble

How to Play

- Players take it in turns to dribble in & out through the course of cones to the end one before dribbling the ball back and passing to the next player waiting behind the first cone
- 5 minutes continuous game play



Dribble with one hand (use fingers to control the ball)



Position the ball in front of you when dribbling



Bounce the ball to waist height



Look up not down at the ball

STATION 2: BASKETBALL GOLF

Equipment & Set Up

-  Teams of 5 players
-  One Basketball per team (Y3/4 size 4 & Y5/6 size 5)
-  Marker cones or Floor spots
-  Basketball Hoop(s) or Wall target(s)



Scoring: Add up the total number of shots it takes the whole team to complete the 5 'holes'. The lowest team score is the best score.



Hole 1 > > > 5



1m 1.5m 2m 2.5m 3m

TIP: Up to 3 teams can shoot into the same hoop (adds to the fun). Set this up from different angles in front of the hoop

How to Play

- Players take it in turn to complete each hole
- To complete a hole players all start from the first cone (hole 1) taking one shot in turn
- If a player scores a basket / hits the wall target they move onto the next hole (cone 2) and so on. If they miss they stay on hole 1 until they score
- The PAR for each hole is 4 so if a player does not score after 4 attempts they move automatically move onto the next hole
- The game ends once all players have completed all 5 holes or all players have had 4 shots at each hole

-  Align yourself with the hoop / target
-  Keep your eyes on the hoop / target
-  Position the ball on your fingertips
-  'Small to Tall' posture when shooting

STATION 3: CATCHING CIRCLE

Equipment & Set Up

-  Teams of 5 players
-  One Basketball per team (Y3/4 size 4 & Y5/6 size 5)
-  Marker cones or Floor spots
-  Team to form a circle around a central person (Y3/4: 2m away & Y5/6: 3.5m away)



Scoring: Add up the total number of Bounce Pass & Chest Pass catches each team member completes



TIP: If limited in terms of sports leaders or adult help have teams double up on each cone to avoid players waiting long periods for their go

How to Play

- A Teacher, TA or Sports Leader stands at the centre of a circle surrounded by members of the team
- The ball is thrown to each player in turn (i) Bounce Pass (ii) Chest Pass. Players catch and make the same return pass to the thrower.
- 3 minutes to be allocated for game play & 1 point awarded for each successful catch

-  Balanced READY position
-  Hands/Fingers in 'W' shape
-  Eyes on the ball
-  Catch & pull the ball into your body

STATION 4: DRIBBLE & SHOOT RELAY

Equipment & Set Up

-  Teams of 5 players
-  One Basketball per team (Y3/4 size 4 & Y5/6 size 5)
-  Marker cones or Floor spots and Hula Hoops
-  Basketball Hoop(s) or Wall target(s)



Scoring: 2 points for each basket or wall target hit. Add up the total number of points that the team scores in 3 minutes



1.5m or 2m

6m

TIP: Up to 3 teams can dribble & shoot into the same basket (adds to the fun). Set this up from different angles in front of the basket

How to Play

- Players line up in a straight line behind their starting cone 6m from the basket or wall target
- Players in turn dribble the ball to their hula hoop (1.5m away from basket Y3/4 or 2m away Y5/6)
- Players stop just before their hula hoop and jump into it landing on two feet and pivoting before shooting at the basket or wall target
- Players then retrieve their ball and dribble back to their team passing the ball to the next player to have their go
- 5 minutes continuous game play for this activity



Remember the dribbling key points



Remember the shooting key points

STATION 5: TARGET BOUNCE RELAY

Equipment & Set Up

- 🏀 Teams of 5 players
- 🏀 One Basketball per team (Y3/4 size 4 & Y5/6 size 5)
- 🏀 Floor Sports
- 🏀 Stand players 3m apart (Y3/4) or 4m apart (Y5/6) facing each other with a floor sport in the middle of them



Scoring: 1 point for each time the ball is passed and bounces on the spot plus an extra point if the ball is caught after one bounce by their team mate



Grip with 2 hands & use your fingers to push the ball away from your body

Step forward with one foot as you pass the ball

Follow through on release extending your arms

How to Play

- Players line up 3 behind one cone and 2 behind the other cone facing towards each other
- The first player Bounce Passes the ball to the opposite player aiming to land the ball so that it bounces on the floor sport and reaches their partner after just one bounce. They then go to the back of their line.
- The player opposite catches the ball and bounce passes the ball back to the next player opposite and goes to the back of their line
- This passing 'rally' then continues for 3 minutes

TEAM SCORE SHEET

School:

Year Group:

Team name:

Activity Station	Team Score
1. Dribble Slalom	
2. Basketball Golf	
3. Catching Circle	
4. Dribble & Shoot Relay	
5. Target Bounce Relay	
TOTAL TEAM SCORE	