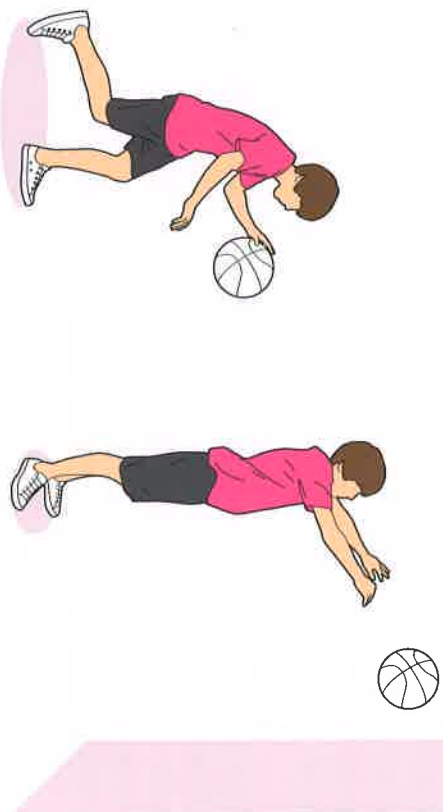


Challenges

15. Basketball challenges

Age range 8-14. **Group size** Any.

- What you need**
- Basketball.
 - Basketball ring or a target (optional).
 - Stopwatch.
- Safety points**
- Watch out for others.
 - Play on a suitable safe surface.



STEP

Space

- Allow players to move closer until they can score or rebound and catch the ball easily with most goes before gradually moving them further away to challenge them.

Task

- Suggest that shooting and dribbling are practised separately before doing both together. If players use a mobility aid (like a wheelchair or walking frame), they could dribble by holding the ball (on their lap or on top of the frame) and bouncing it every 2 pushes or steps.

Equipment

- Use different kinds of targets, eg, a large box or bin on the floor or a lightweight ball that can be thrown and bounced more easily.

People

- Passing can be practised with a partner who is standing still before trying to move and pass.

What to do

Challenge the group to complete the following:

- Children have 10 'quick-fire' goes to see how many baskets they can score from close range.
- Children see how many times in 1 minute they can dribble a ball between 2 lines.
- Children see how many passes they can make against a wall or with a partner in 30 seconds.
- How many can they do without dropping the ball?
- Children have 15 goes to see how many rebounds against a backboard or wall they can catch from above head height.
- Children see if they can travel with a partner over 20m or 20 large strides dribbling and passing a ball between them without dropping it.

Remember

- Players should practise the skills over a few weeks before trying the challenges.