



Champions in Motion

Basketball Activity Guide

All groups will be assigned to their own court. All rotations will be completed at the court. There will be a minimum of two student leaders at each court. The SOO staff member running the event will direct and explain each activity rotation from the centre of the gym. Student leaders will then facilitate at their station.

The following activities are from the [**SOO Multi-Sport Guide**](#).



Rotation 1: Warm Up

Equipment: None

1. Warm Up: Whole Group Dance (5 minutes)

- a. Student leaders will stand in the middle of the gym, while athletes form a giant circle around them. Student leaders will lead athletes through a dance warm-up. Focus is on getting loose but also getting excited about the day!

2. Running Progression (5 minutes)

- a. Have the group line up along the sideline. All exercises will be performed on the other sideline.
- b. Jog forward
- c. Jog backwards
- d. Scoops
- e. Leg kicks
- f. High knees
- g. Butt kicks
- h. Side steps (mimic defensive slides, but walking)
 - i. Jog @ 50%
 - j. Jog @ 75%
 - k. Sprint

Athletes should carry water with them at all times and take breaks as needed!



Rotation 2: Dribbling (20 minutes)

Equipment: One basketball per athlete OR per pair, pinnies

1. Stationary ball handling (5 minutes)

- **Set Up:** Athletes will form a circle around student-leader.
 - a. Athletes will start by throwing the ball back and forth in their hands, focusing on keeping it between their fingertips.
 - b. Athletes will try to move the ball around their waist.
 - c. Athletes will move the ball around their ankles.
 - d. Athletes will move the ball around with one foot
 - i. *Progression: athletes can try to move the ball around their waist and then their feet in a controlled manner. They can practice moving the ball in a figure eight motion around their legs. The goal is to do this while under control.*

2. Stationary Dribbling (5 minutes)

- a. Athletes will start by dribbling with their right hand while counting out loud to ten.
- b. Athletes will then do the same thing with their left hand.
- c. Athletes will then alternate hands.
 - i. *Focus on keeping the ball at hip level and dribbling with fingertips, not the palm of the hand.*
 - ii. *Progression: Athletes can dribble the ball very low or dribble at shoulder height while remaining under control.*

3. Obstacle Dribbling

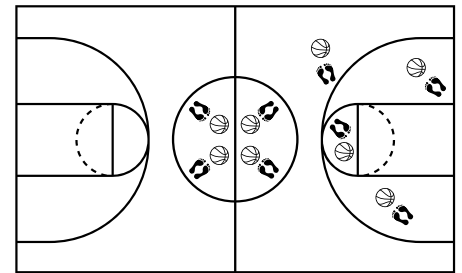
- **Set Up:** Divide the group into two teams, and line up in a straight line. Place five cones in front of each team, evenly spaced apart. There should be one basketball per team.
 - a. Athletes will dribble in and out of cones using their right hand. When they return, they will give the ball to the next athlete in line who will do the same.
 - b. When the ball returns to the first athlete, they will repeat this process using their left hand.
 - i. *This can be done as a relay to see who can do it the fastest.*
 - ii. *Progression: If students complete each round, they can then practice switching hands at each cone.*



4. Dribble Tag

- **Set-up:** Divide the group into two teams; one team will use pinnies. All athletes should have a basketball. Use a designated space with visible boundary lines (basketball key works great). Option to add cones to assist with visibility.
 - a. Athletes start dribbling, each athlete must keep the ball bouncing and protected while trying to tip an opponent's basketball away or outside of the circle.
 - b. The team with the most athletes left inside the circle wins.
 - i. *Note: This can be played as a team or individually. If played individually, the winners from each group can compete at the end.*

Progression: The Boundary can become smaller as more athletes are eliminated. If you don't want to play with elimination, athletes can perform 5 reps of an exercise to re-join.



Rotation 3: Passing (15 minutes)

Equipment: 1 ball per athlete, tape to draw square on wall

1. Chest pass (5 minutes)

- **Set-Up:** Using tape, create a square at the wall about 4 feet tall. (If you can't create a square with tape, place a small marker on the wall or show students a place where they can aim). Each athlete will pick a square or a spot and line up about 6 feet away.
 - a. Show athletes how to properly hold the ball. One hand on either side, bent elbows, ball at chest level.
 - b. Step forward with dominant foot and push from the chest. Athletes should release the ball with their hands facing out and thumbs pointing down.
 - c. After practicing a few times, challenge athletes to hit the middle of the target 10 times.
 - i. *Progression: Athletes can step back to make it more challenging. Once athletes have practiced throwing to the target, they may partner up and work on passing to each other.*
 - ii. *Accommodation: Provide hand-over-hand support or move closer to the target.*



2. Bounce Pass (5 minutes)

- a. Show athletes how to properly hold the ball. One hand on either side, bent elbows, ball at chest level.
- b. Step forward with your dominant foot and aim to bounce the ball about 60-70% of the way to your target (Place a poly spot on the ground for athletes to use as a reference point). Athletes should release the ball with their hands facing out and thumbs pointing down.
- c. After practicing a few times, challenge athletes to hit the middle of the target 10 times.
 - i. *Progression: Athletes can step back to make it more challenging. Once athletes have practiced throwing to the target, they may partner up and work on passing to each other.*
 - ii. *Accommodation: Provide hand-over-hand support or move closer to the target.*

3. Game (5 minutes)

- **Set-Up:** Divide the group into two teams, and line up in a straight line. Place five cones in front of each team, evenly spaced apart. There should be one basketball per team.
 - a. This game will combine skills learned in rotation 1 and rotation 2.
 - b. The first athlete will dribble through the cones. When they get to the end, they will turn around and chest pass or bounce pass to the next person in line. Emphasize calling the person's name who you are passing to and making eye contact.
 - i. *Progression: See how fast athletes can complete. Move cones around to create more obstacles.*

Rotation 4: Shooting (20 minutes)

Equipment: 1 ball per athlete, poly-spots, net or adaptable net

1. Form Shooting (10 minutes)

- **Set-Up:** Each athlete has a ball, with a poly spot about two feet in front of them.



- a. Each athlete starts with a ball
- b. Determine the dominant hand, and place it behind and slightly under the ball. The non-dominant hand is off to the side with thumbs apart from each other.
- c. The leg of the dominant hand should be slightly forward, shoulder width apart, and knees bent.
- d. Demonstrate the shooting motion (as you stand, your arm should also be going up); the ball rolls off your fingertips and ends with your arm straight and hand down.
- e. Place a poly-spot on the ground about two feet in front of the athlete.
- f. Athletes will try to “shoot” the ball and land on the poly spot ten times.
- g. After completing this, students will then proceed to a net and follow the same steps.
- h. Place a poly spot about 3 feet in front of the basket and have students practice shooting on the net.
 - i. Accommodation: Hand over hand support, adaptable net if needed.

2. Spot shooting (10 minutes)

- **Set up:** Place poly spots at different locations around the net.
 - a. Athletes will all start at a different poly spot. They will shoot using the form practiced in the first drill. The goal is for students to make a shot at each poly spot.
 - i. *Adaptation: Athletes can partner up and move on if one of the athletes makes a shot at that spot.*

Rotation 5: Passing (15 minutes)

Equipment: Pylons

1. Defensive stance and Quick feet (10 minutes)

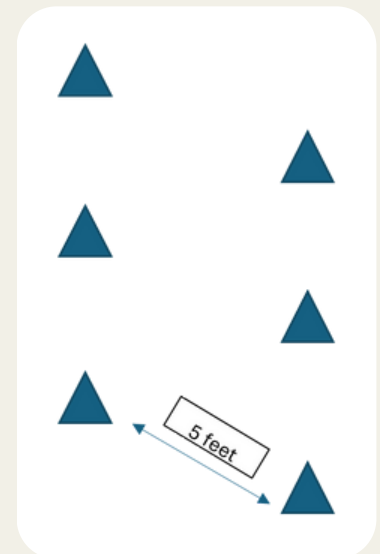
- **Set-Up:** Have athletes spread out in front of group leader. To get students spaced out enough have them stick both arms out and make sure they are hitting any athletes next to them.



- a. Student leaders will start by teaching athletes a defensive stance.
- b. Feet are a bit wider than shoulder width
- c. Knees bent
- d. Arms out
- e. Standing on the balls of your feet
- f. Have athletes practice standing in this position. Try for 5 seconds, 10 seconds, 15 seconds, 30 seconds, 1 minute. This should be a fun challenge to see who can stay like that the longest. Have them shake out their legs after each round.
- g. Guide athletes on how to do a defensive slide. Practice by first walking through it, doing a couple of steps in each direction.
- h. Run through a quick feet progression. Have the students move their feet up and down and then shuffle from side to side based on the direction the leader moves. After practicing a few times, try this **game**.
 - i. *Accommodation: For athletes in a wheelchair, they can practice a mirror drill. A Unified partner or teacher will stand facing the athlete with a ball. They will move the ball around, while the athlete mirrors the movements with their arms/hands.*

2. Defensive Slides (5 minutes)

- **Set-Up:** Pylon cones should be set up as shown in the diagram below.
 - a. Athletes will practice shuffling diagonally from cone to cone. Emphasize staying low and shuffling feet, not standing up or galloping.
 - b. The first time through, athletes move slowly and then increase speed as they become more comfortable.
 - c. Once athletes are comfortable, have another athlete dribble within the cones so that they can practice playing defense against another person.
 - d. *Note: If this is too challenging, athletes can first do this without a ball, pretending to dribble.*



Afternoon Example Schedule for Games:

Court 1		
Time	Team 1	Team 2
12:10		
12:35		
Court 2		
Time	Team 1	Team 2
12:10		
12:35		
Court 3		
Time	Team 1	Team 2
12:10		
12:35		

