

B - BASKETBALL CHALLENGE - DRIBBLE RELAY

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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

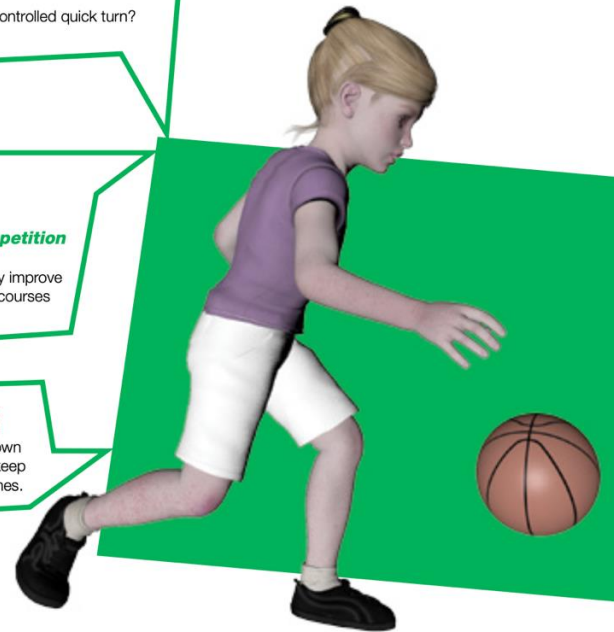
Spirit of the Games: Excellence through Competition



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.



FUN FACT – With the rim of a basketball hoop standing at 10 feet off the ground, it's definitely a benefit to be tall in this game! The tallest player in NBA history was Manute Bol at 7 feet & 7 inches tall, the shortest was Muggsy Bogues at 5 feet & 3 inches. How tall are you in Feet and Inches?

If you have enjoyed this challenge and would like you get involved in at a local Basketball club take a look at <https://www.basketballengland.co.uk/court-finder/>

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