



Special Olympics Junior Athletes

Basketball

BASKETBALL

Basketball is a very popular sport around the world. The sport's success is due to the fact that it can be played by boys, girls, men and women of just about any physical build, age or ability level. Basketball is organized using simple, intuitive rules and requires little in the way of specialized equipment.

Basketball is a particularly appropriate sport for individuals with intellectual disability as it:

- Involves all participants constantly
- Is easy to teach and rewarding to play
- Allows relatively rapid initial improvement in skills and basic game understanding
- Is a great conditioning activity
- Is fun!

This guide will help you to implement a developmental basketball program for children ages 6 to 10 years old. Weekly Sessions for this sport module will include:

- Week 1: Dribbling
- Week 2: Shooting
- Week 3: Passing
- Week 4: Scrimmage

Equipment Requirements

The following equipment is needed to complete the Special Olympics Junior Athletes 4-week basketball program.

- Basketballs
 - It is important to select the correct size of ball based on the age of participants in your group. Size 3 balls are the smallest available and are good for children under 8 years old. Size 5 balls are ideal for 8 to 12 year olds. Consider providing a variety of different ball sizes, including size 7 regulation balls, to meet the needs of all players in your group.
- Basketball hoop
 - Rim height is important for shooting accuracy and success. 6 or 8 foot rims are likely most appropriate for this age group; however, consider the individual needs and skills of the children in your group.
- Sport cones
- Hoops
- Floor markers
- Stop watch
- Whistle
- Colored vests

BASKETBALL, WEEK 1: DRIBBLING

Introduction and Warm Up Activities (10 minutes)

- Team Cheer
- Dynamic Stretching
- Simon Says

Individual Skill Development (20 minutes)

- Introduction to Dribbling
- Heads Up!

Group Activities (20 minutes)

- Defended Dribble
- Sharks and Minnows
- Follow the Leader

Cool Down (10 minutes)

- Dynamic Stretching
- Closing Song

BASKETBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Introduction and Warm Up Activities

Team Cheer

Start your activities on a positive note by encouraging the group to come up with a team cheer. This is something that can be done at the beginning or end of each practice to encourage connection and community amongst the team.

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extend the muscle's range of motion. Below are just a few examples of dynamic stretches.

- **Leg Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Swing your right leg forward and backward to stretch the thighs, hips and hamstrings. Switch to the other leg.



- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

Simon Says

Have children spread out around the basketball court, facing the coach. Inform children that they should only do an activity if you say the words "Simon Says" before saying an activity.

Begin listing different exercises, stretches and cardiovascular movements that will help children warm up for the activities. Sometimes say "Simon Says" before saying the activity, like "do a jumping jack" and sometimes do not. If a child does an activity, but you didn't say "Simon Says" then they are out and should sit down. Continue until only one child remains.

BASKETBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

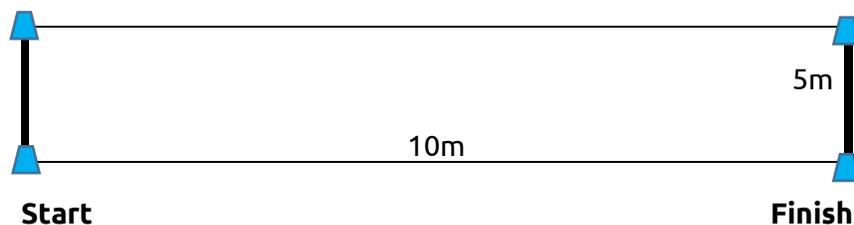


Individual Skill Development

Introduction to Dribbling

Equipment: Basketballs; four large sport cones; tape

Set up a space with cones and tape using the diagram below.



Have children line up at the starting line with one basketball per person. Have children start by using their dominate hand to dribble, without stopping, from the starting line to the finish line. Once children are comfortable walking and dribbling the ball with their dominate hand, change up the exercise to make it more difficult. Some examples include:

- Using the non-dominant hand
- Crossovers (switching between right and left hand for dribbling)
- Dribbling while jogging or running

Heads Up!

Equipment: Basketballs

Define a small area for the activity to take place, based on the number of children in the group. For a small group, this may be the basketball key on the court, or for a larger group it may be the space created by the three-point line.

Start by giving each child a basketball.

On the coach's whistle, have the children begin moving around while dribbling their basketball in the defined space. The children must keep their ball under control and learn to react to other children, so that they do not run into someone else.

Make the space smaller to make the game even more challenging! Use this opportunity to correct improper technique or reward children who are excelling in the skill. Remind children to keep the ball close at all times to maintain control.

BASKETBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

Defended Dribble

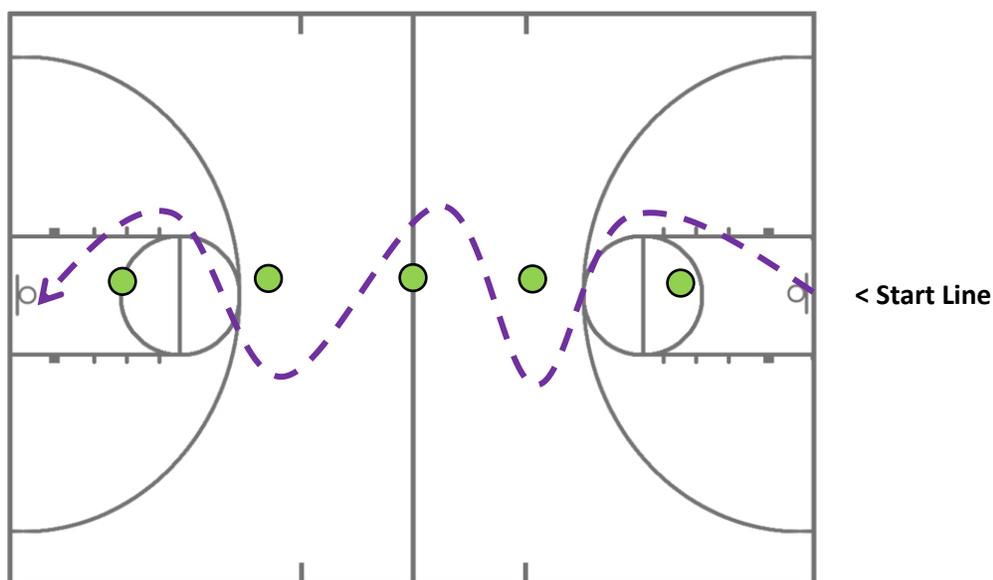
Equipment: Basketballs

Select five children from the group to be defenders (coaches or volunteers can also serve as defenders for smaller groups). Have the defenders line up in a straight line down the middle of the court, facing towards the start line.

The remaining children should line up at the start line, each with a basketball. Going one by one, have the children at the starting line dribble the ball to the other end of the court, weaving around each of the defenders (like the pattern in the purple line below). The goal of the dribbler is to successfully make it to the other side of the court while maintaining control of their ball.

During this time, the defenders should try to get the ball or knock it away from the dribblers. Defenders cannot move their feet; however, they can move their hands and body. Their objective is to.

Rotate the group so all children have the opportunity to be defenders and dribblers. Also, consider timing children during the activity to encourage them to dribble closer to the defenders.



BASKETBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



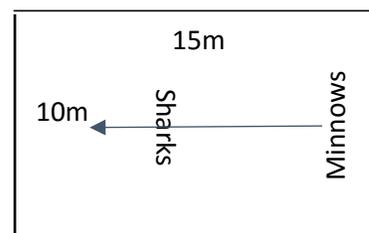
Group Activities

Sharks and Minnows

Equipment: Basketballs; sport cones

Set up a 10 x 15 meter rectangular grid. This is your pond.

For the activity, two children are the sharks and do not have a basketball. The rest of the children are minnows and each have a ball.



Line the minnows side by side along one of the 10 meter lines. Position the sharks inside the pond, facing the minnows.

When the coach says, “swim”, the minnows try to dribble their basketballs past the sharks safely to the other side of the pond. If a shark steals a basketball from a minnow or kicks a ball out of the pond, the minnow becomes a shark and the family of sharks grows. The minnows that make it safely to the opposite side get to swim again on the coach’s command.

Continue until all the players become sharks.

If a shark steals a ball and can dribble it to the end of the pond, then the shark becomes a minnow and the minnow becomes a shark.

Follow the Leader

Equipment: Basketballs

Give each child a basketball.

Have the group line up in a single line, facing the person in the front of them, with the coach at the head of the line.

The coach should begin by walking around the court, dribbling the basketball. The children in line must follow the path and do exactly what the coach is doing. The coach should do different types of dribbling to focus on new skills – dribbling with right and left hands, dribbling while walking backwards, crossover dribbling, etc.

After running the activity once, give children a chance to take turns being the leader.

BASKETBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t-shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Closing Song

Encourage children to end the session with a song that associates words with actions and body awareness, such as “Wheels on the Bus” or other familiar action songs. Action-oriented songs can encourage children to perform a variety of stretching activities, like touching toes or reaching up high, and provides a fun and playful atmosphere for concluding the session.

Be creative and use the closing song as an opportunity to stretch and reflect on the day’s activities.

BASKETBALL, WEEK 2: SHOOTING

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Cone Dribble

Individual Skill Development (20 minutes)

- Circle Ball
- Around the World

Group Activities (20 minutes)

- 21 Cones
- Dribble or Shoot

Cool Down (10 minutes)

- Dynamic Stretching
- Team Cheer

BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

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- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Cone Drizzle

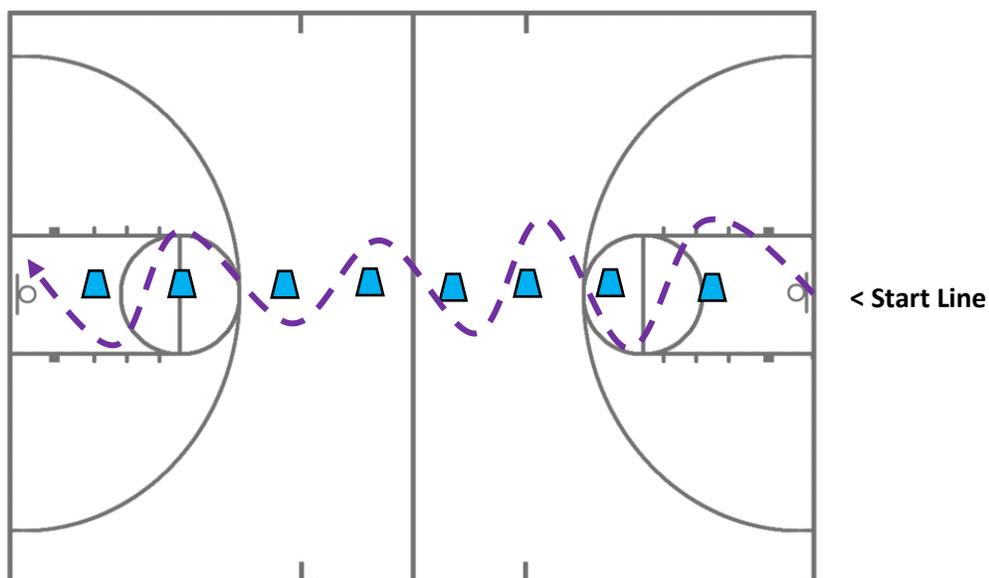
Equipment: Sport cones; basketballs

Construct a line of 8 to 12 cones down the middle of the court, placing them approximately 3-meters apart. Each set of cones creates a “gate” through which children can dribble.

Give each child a basketball and have them line up behind the first cone.

Taking turns going one-by-one, have each child begin by moving through the cones, while dribbling the ball in front of them. Children should use a zigzag pattern to weave to the left and to the right of the cones. Start by having children walk during the activity, while they get comfortable with dribbling the ball, and then progress to jogging or running.

Once the child has made it through all gates, they can run back to the start of the activity, either leaving their ball at the finish or continuing to dribble the ball in a straight line back to the start.



BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Individual Skill Development

Circle Ball

Equipment: Basketball; hoop (or basket)

Have children stand in a circle around an adult who is holding a hoop. Ask the children to pass the ball around the circle a certain number of times. The child who ends up with the ball should shoot the ball into the hoop. Continue passing until each child has shot the ball multiple times.

In this activity, children should think about their aim and the arc of the ball. They should try to make a basket without hitting the rim of the hoop.

Make the circle bigger to make the shot more challenging as children get comfortable.

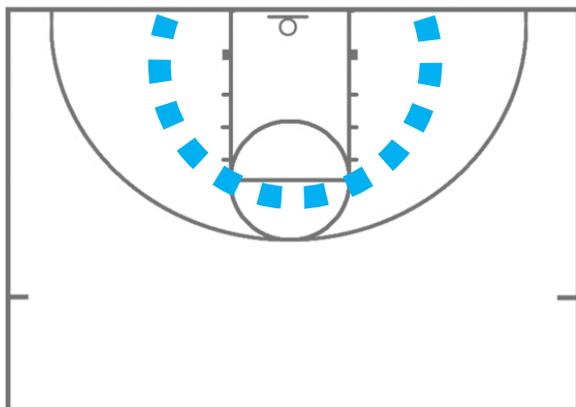
Around the World

Equipment: Basketball; floor markers

Set up 12 floor markers in a semi-circle around the hoop. *The distance from the hoop should be determined by the ability level of the children in the group.*

Have the first child stand on the first floor marker to begin. Start the stop watch. The child begins by shooting the ball from the first floor marker. They must continue shooting from the first floor marker until they complete a shot. Once they make a basket, they can move on to the next floor marker until they complete all 12 shots.

Compare the times of each child to determine a winner or focus on improvement of each individual and achieving personal best.



BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

21 Cones

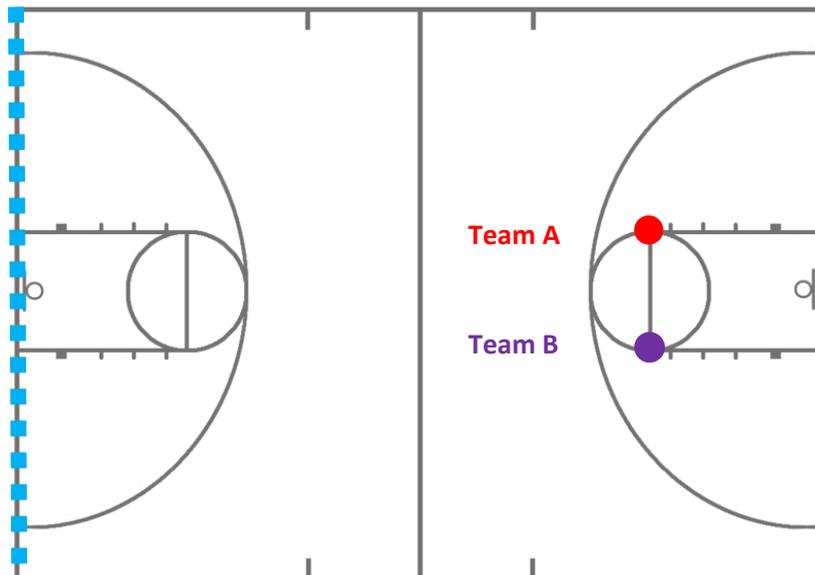
Equipment: 21 Sport cones; 2 Basketballs

Set up the 21 sport cones in a line at one end of the court. Divide your group into two teams and give each team a basketball.

Have teams line up behind either end of the free throw line. The first player begins by shooting from a designated spot towards the basketball hoop. *Depending on the abilities of children in the group, it may be necessary to move the shooting spot closer to the basket for each team.*

If the basket is made, the child can leave the basketball and run to the other end of the court to retrieve a cone for his or her team. If the child misses the basket, they should hand the ball to the next person on their team and go to the end of the line. Teams should alternate who shoots until all cones have been retrieved.

The team with the most cones at the end is the winner.



BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Dribble or Shoot

Equipment: Basketballs

Divide the group into two even teams – a shooting team and a dribbling team.

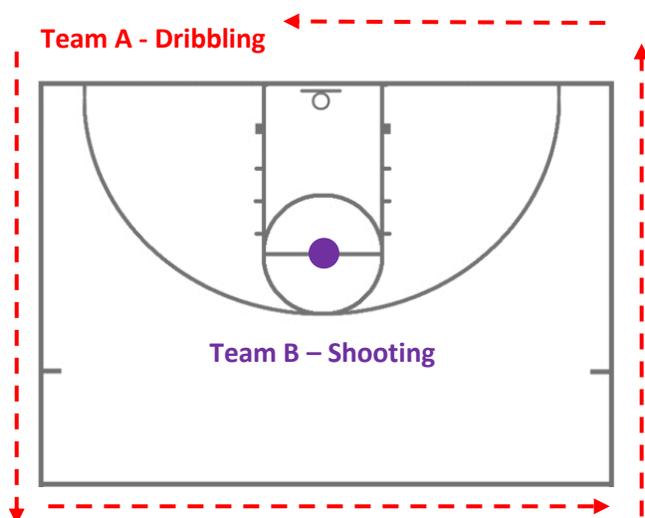
For the dribbling team – provide each child with a basketball and have them line up at one corner of the basketball court.

For the shooting team – have children line up behind the free throw line and provide the team with one basketball.

When the coach blows the whistle, the first dribbler in line begins to dribble around half court. At the same time, the first shooter is trying to make a basket. If the dribbler makes it all the way around half court and back to their teammates before the shooter makes a basket, then the team scores a “run”. If the shooter makes the basket, the shooter should call out “STOP” and the dribbler must freeze and return back to their team without scoring a run. After a basket is made or a run is scored, the next pair of children from the teams should begin.

After 5 minutes, blow the whistle again to stop. Switch to have the teams in different positions.

The team with the most “runs” at the end of the game wins.



BASKETBALL, WEEK 2: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Team Cheer

Close the practice with the team cheer that was developed during the warm up in week 1.

BASKETBALL, WEEK 3: PASSING

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Red Light, Green Light

Individual Skill Development (20 minutes)

- Wall Pass
- Passing Practice
- Four Corners

Group Activities (20 minutes)

- Passing Relay
- Down the Line

Cool Down (10 minutes)

- Dynamic Stretching
- Team Cheer

BASKETBALL, WEEK 3: PASSING



• **Warm Up**
(10 mins)



• **Individual Skill Development**
(20 mins)



• **Group Activities**
(20 mins)



• **Cool Down**
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extended the muscle's range of motion. Below are just a few examples of dynamic stretches.

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- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

Red Light, Green Light

Equipment: Basketballs

Line children up in a straight line at one end of the court. Give each child a basketball. When the coach says "green light", players dribble the ball. When the coach says "red light", players must hold their ball and stand still. The goal is for children to make it across the space as quickly as possible, while maintaining control of the ball.

Focus on dribbling technique. Use this opportunity to correct improper technique or reward children who are excelling in the skill. Remind children to keep the ball close at all times to maintain control.

BASKETBALL, WEEK 3: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Individual Skill Development

Wall Pass

Equipment: Basketballs

Give every child a ball. Have children line up next to each other, approximately 5 meters away from a hard cement or brick wall. On the whistle, have children pass the ball to the wall, using one of the different types of passes below.

- Chest Pass – start with the hands on the side of the basketball, with thumbs pointing up. Step into the pass to throw. When the pass is thrown, the thumbs should finish turned down to add a back spin to the ball.
- Bounce Pass – using the same motions as a chest pass, expect aiming the ball at the floor, approximately $\frac{3}{4}$ of the way to the wall.
- Overhead Pass – with the hands on each side of the ball, bring it directly above the forehead. Bend the arms slightly. Rock forward onto one foot and bring the arms forward to pass the ball.

Use this opportunity to focus on proper technique and the placement of the hands on the ball.

Passing Practice

Equipment: Basketballs; stopwatch

Have children pair up with a partner. Give each pair a basketball and ask them to stand roughly three meters apart. Have the children pass the ball back and forth, using a mixture of chest, bounce and overhead passes.

After a few minutes of passing, have a timed passing competition. Using a stopwatch, ask each pair to count the number of times they can pass the ball in one minute. Every time one player touches the ball, it counts as one pass. Celebrate the winning team.

Next merge pairs into a group of four. Two players will be the offense (the team with the ball), and two players will be the defense (the team preventing the other team from completing their pass). The players on offense will need to move around as they try to pass the ball back and forth to one another. The players on defense should try to block the ball and deny the other team from completing the pass.

Switch sides after a few minutes.

BASKETBALL, WEEK 3: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Four Corners

Equipment: Sport cones; basketballs

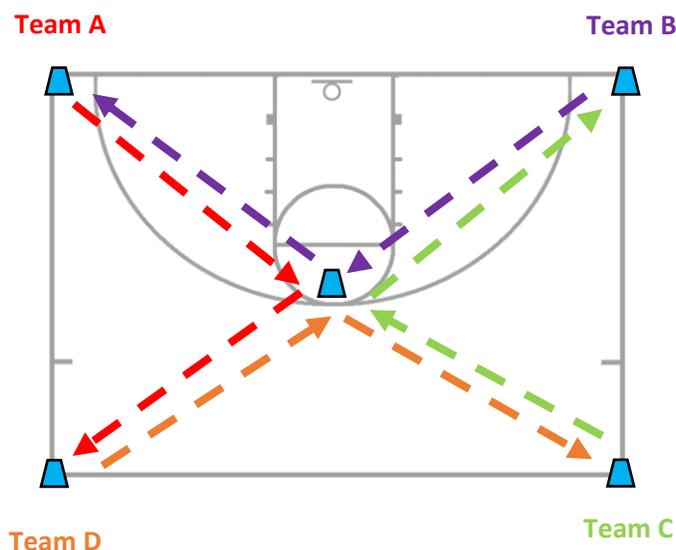
Using the half court line as the boundary for the activity, set up a cone in each corner and one cone in the center of square.

Split the children into four groups and give each group a ball. Have groups line up behind one of the four corner cones.

At the coach's whistle, the first player from each team takes the basketball and dribbles towards the middle cone. Roughly a meter from the cone, the four children should do a jump stop, landing on both feet simultaneously, to stop dribbling. After stopping the ball, the children should bounce pass their ball to the person on their right. Each child will now have a different ball.

Children should then pivot to the right, dribble to their new team and chest pass the ball to the next child in line. Children should wait for the coach's whistle for the next set of children to begin dribbling.

As an example, a child from Team A would dribble to the center, jump stop and bounce pass to the child from Team D. Then they would pivot right, dribble the ball towards Team D and then chest pass to the next child in line before joining Team D.



BASKETBALL, WEEK 3: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

Passing Relay

Equipment: Basketballs

Divide children into two or three even numbered teams. Have teams line up in a straight line from one end of the court to another. Give the child at the end of each line a basketball.

At the coach's whistle, children must pass the ball from one child to the next, until it reaches the end of the line, at which point, the child should reverse the passing direction and send it back down the line. The relay is complete when the ball reaches the child who started the relay.

Encourage competition. The first team that completes all of their passes wins the relay

Try the relay with only chest passes, only bounce passes and only overhead passes. Then run the relay again and let each child choose which type of pass they want to use.

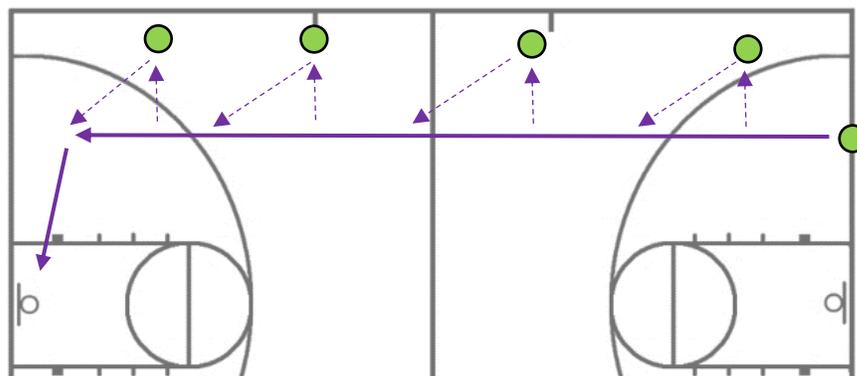
Down the Line

Equipment: Basketballs

Line up four children or volunteers along the sideline of the court, then line up all remaining children at the end of the court.

At the coach's whistle, the first child in line should dribble the ball until they are equal with the first person on the sidelines. Then they should perform a chest pass. The person on the sideline should receive the chest pass and then bounce pass the ball back to the child. The child then continues down the line, dribbling, throwing a chest pass and receiving a bounce pass.

When they get to the end of the court, the child should dribble to the basket and shoot to score. After making a basket, the child should dribble down the length of the court and pass the ball to the next child in line.



BASKETBALL, WEEK 3: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

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Team Cheer

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BASKETBALL, WEEK 4: SCRIMMAGE

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Passing Around the World

Individual Skill Development (20 minutes)

- One-on-One Defense
- Drag Races

Group Activities (20 minutes)

- Basketball Scrimmage

Cool Down (10 minutes)

- Dynamic Stretching
- Sport Reflection
- Team Cheer

BASKETBALL, WEEK 4: SCRIMMAGE



• **Warm Up**
(10 mins)



• **Individual Skill Development**
(20 mins)



• **Group Activities**
(20 mins)



• **Cool Down**
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extended the muscle's range of motion. Below are just a few examples of dynamic stretches.

- **Leg Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Swing your right leg forward and backward to stretch the thighs, hips and hamstrings. Switch to the other leg.



- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

Passing Around the World

Equipment: Basketball

Have all children line up around the 3-point arc and have the coach or volunteer stand in the center of the key.

The coach begins by passing the ball to the child at one end of the arc using a chest, bounce or overhead pass. The child should catch the ball and immediately pass it back to the coach, using the exact same type of pass. The coach should continue passing down the line to each child, using a variety of different passes. Once every child has received a pass, try giving children a leadership role and letting them serve in the "coach" role.

BASKETBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Individual Skill Development

One-on-One Defense

Equipment: Basketballs

Start with two children stationed on either side of the free-throw line, facing one another and approximately one meter apart. The child facing the basketball hoop is on offense and has the ball, the other child is on defense.

The child on offense must try to get open and successfully shoot a basket, while the defender should try to stop the other child from making their shot. Switch roles after the child on offense makes a basket.

Use both ends of the court and have multiple pairs shooting on each hoop to ensure children get to play more often.

Consider making the activity more challenging by giving defenders various restrictions, like keeping their hands behind their backs or only using one hand to try and get the ball.

Drag Races

Equipment: Basketballs

Divide the participants into two teams. Have teams line up on opposite sidelines and designate a basketball hoop for each team to use.

Give each child a number, starting at one for each team (so there will be two children with number one, two with number two, etc.). Place two basketballs at half court.

The game begins with the coach calling out a number. The two children with that number should run from the sideline to the basketballs at center court. Next, each child should pick up a basketball, dribble the ball to their team's designate hoop and try to make the basket. The game is a race between children, so the first child to score gets a point for their team.

The game helps children get comfortable dribbling and shooting while under pressure.

BASKETBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

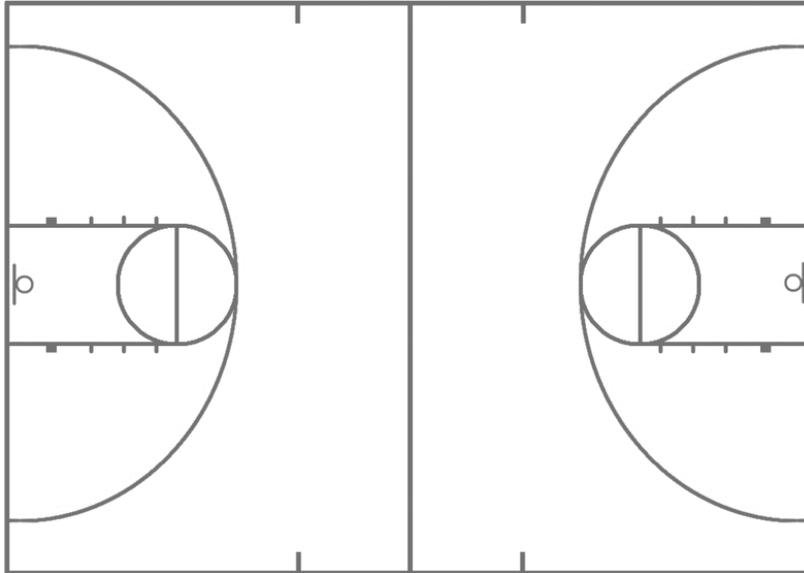
Basketball Scrimmage

Equipment: Basketball; colored vests or flags

The scrimmage is a chance for the group to put into play all of the skills they have developed over the prior three weeks.

Divide the group into two teams with an even number of players. *Consider the number of children in the group. It may be necessary to break the group into four teams and run two consecutive games. Children may be more comfortable and have a more pivotal role in the game using a 3-on-3 or 4-on-4 format.*

Conduct the game with two- 10 minute halves.



BASKETBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Sport Reflection

As the final session focused on basketball, ask children to reflect on their experience with the sport. Bring the group together in a seated circle and ask the children to share what they liked or disliked, what was easiest and what was hardest, and what was most fun.

This is a great opportunity to determine if someone in the group has a strong interest in basketball and may want to continue with the sport in the future.

Team Cheer

Close the practice with the team cheer that was developed during the warm up in week 1.