

Modified Games

Pickup and Chase:

Rules

Player from Group 1 rolls the ball out to the middle of the court to a player from Group 2, and follows the rolling ball. Player from Group 2 picks up ball and attempts to score at either basket.

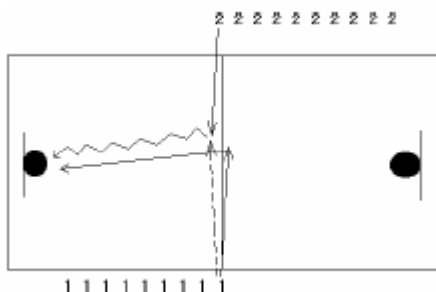
Player 2 may use a fake towards opposite basket **before** dribbling.

Player from Group 1 chases player from Group 2 and attempts to defend. As soon as first pair moves towards goal, next pair commences. Players must change lines after each turn. One point is scored for hitting the ring, two points for a goal. Keep individual scores.

- 5 balls
- Full Court (or defined area)

Quick Teaching Tips

1. Use fakes before dribbling
2. Try to dribble to one side of the basket or the other (not right at it)



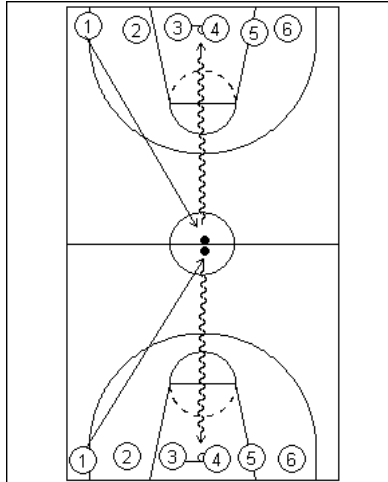
Numbers

Two ball numbers

- Participants in two teams and each with a number (see diagram)
- Designate the same number to players that match height or skill levels
- Coach calls out a number(s) and throws the balls onto the court
- The corresponding numbers must come out, collect the balls and be the first to make a basket
- The player(s) that successfully makes the first basket scores a point for the team
- If more than one number per team is called out, all players called must make a basket in order for their team to score a point
- Play first to 10-15 wins the game

One ball numbers

- Set up and played as two ball
- Only one ball is used
- Using one ball turns it into a 1 v 1, 2 v 2, 3 v 3 and up to a 5 v 5 game



Sideline Basketball:

Rules

Two teams of 15 players, 5 players on court, the remaining players alternate along each sideline as per diagram. Can play with 12 players (4 on court) or 9 players (3 on court).

On court players can pass to their team mates on court or use their sideline players as a release. Two points are scored for a basket. One basket is scored if the ball hits the ring. At regular intervals rotate players from one sideline with the players on the court.

- 1 ball
- Full Court (or defined area)
- Bibs for opposing teams
- Whistle

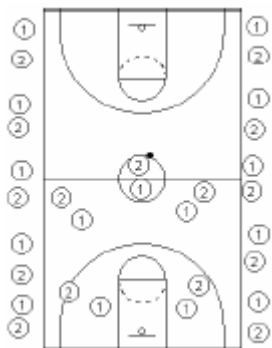
Quick Teaching Tips

1. Lead strongly and call for the ball
2. Use passes more than dribbles (particularly passes to the sideline).

Note:

Where basketball rings are not available you can use:

1. bins
2. drawn target
3. milk crate on fence

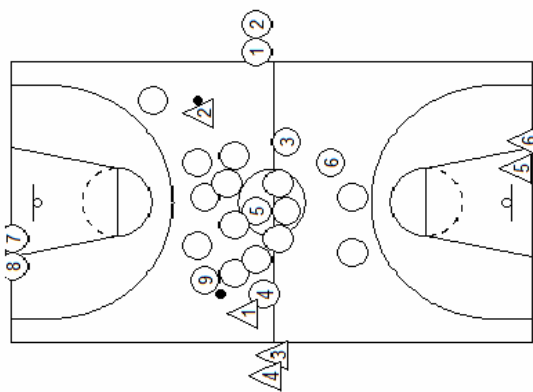


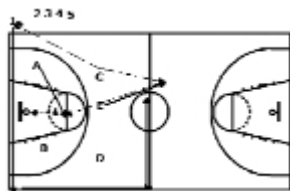
Crazy Ball

- Maximum of eight (8) players from each team on the court at one time;
- Substitutions for teams are to be in a group on the sideline or baseline;
- Substitutions can be “live” providing they are still out side the court boundaries;
- Team with the highest number of baskets wins!
- Players without the ball cannot steal it out of opposing players’ hands – “No grabbing rule”.

1. Look to pass before dribbling;
2. Players should move their feet when defending rather than reaching in to get the ball. This will avoid fouling.

“Move to an open space so the ball can be passed easier”.





Activity: Rollerball

Two teams are chosen: Running Team Fielding Team

- _ Stance – Good balance, knees bent, –head up, comfortable, back straight, –wide stance
- _ 1/2 court markings designate the playing area
- _ Encourage good technique for passing, catching and shooting
- _ Each player is given a number
- _ Have Fun
- _ Along the lines of Baseball, each member of the Running Team is given the opportunity to score a run
- _ A Running player rolls (underarm) the ball into the playing area.
- _ The ball must initially bounce in the playing area
- _ As the ball is rolled, the coach will call out a number to nominate the shooter from the fielding side
- _ The fielding side must get the ball to the nominated player at the designated shooting spot as quickly as possible
- _ The Runner attempts to run the “bases” the 4 corners of the 1/2 court and get home
- _ If a basket is scored before the runner gets home, the player is out
- _ 3 outs and the teams change position
- _ 1 run is scored if the player reaches home
- _ The game can be played for a length of time, number of innings or first to a target score

Activity: Golden Child

Similar to “Roller Ball” _ Stance – Good balance, knees bent,

_ Fielding team lines up on head up, comfortable, back straight, the Free Throw line wide stance

_ 1 person shoots the ball _ Encourage good technique for passing, catching and shooting

_ At the same time a runner is trying to make it around the “bases”

_ Have Fun

_ This person shoots until they make the basket

_ When the basket is made the runner must freeze

_ The next player shoots and the next runner starts and so on

_ The last runner is the “Golden Child”

_ The “Golden Child” can unfreeze the frozen runners by tagging them as he/she runs the “bases”

_ The score is the number of runners that get home before the shot is made, including those unfrozen by the “Golden Child”

_ Teams change positions

_ Winning team is the one with the most runs



Modified Basketball

Listed below are avenues to modify the normal game of basketball to adjust for children's needs. Coaches can pick and choose which modifications they deem appropriate for their session.

- Lower the basketball rings from 10 foot to 8 foot
- Play across the court instead of full court
- Use a smaller basketball e.g size 5
- Play 3 v 3, ½ court
- Introduction of rules
- This why you can dribble
- This why you can't travel

Variations

- Can't steal the ball off the person holding it
- Make 5 passes before you can score
- Must pass it to every team member before you score
- Only allowed a certain number of dribbles i.e. 5
- Once a team has entered the offensive half they must make at least 3 passes before scoring
- The same person can't score more than twice in a row