



Fun Basketball Skill Building Games

By IAN Staff on 02/25/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

These fun games will help children develop some basic skills in basketball.

Group Size: 5-10

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7
 - 8

Materials/Resources Needed:

Basketballs or any other bouncy ball of similar size

Lesson Objective #1:

Develop basic skills in basketball handling.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Basketball games can help you learn or improve basketball skills.

Instructions:

Out of Bounds (Grades 2-8)

Each player dribbles her own basketball in the gym. As the kids dribble, they also try to knock other players' balls out of bounds. If a player has her ball knocked out of bounds, she must perform a particular task before rejoining the game.

Loose Ball Race (Grades K-8)

This kids' basketball drill follows the same concept as musical chairs, using basketballs instead of chairs. Each player has her own ball at the beginning of the game. The players drop their balls, run to a particular point in the gym and return to pick up one of the balls. As soon as the players start running, one ball is removed. The player who doesn't get a basketball is out of the game. This activity teaches the kids to get to a

loose ball quickly in a game situation.

Dribbling Relays (Grades 2-8)

Controlling the ball while dribbling takes practice. This game gives kids an opportunity to practice their dribbling skills. The specifics of the relay vary depending on how you set up the relay. For a simple dribbling relay, have the first player from each team dribble to a designated spot in the gym and back again before passing to the next player. For more of a challenge, place a pile of beanbags or other objects at the opposite end. The players must pick up a beanbag from the pile while continuing to dribble. They carry the beanbag back to the starting line while still dribbling. Another option is to incorporate shooting skills by requiring the kids to dribble to the other hoop and shoot a basket before returning.

Number Race (Grades K-8)

The players are divided into two teams for this game. The teams stand on opposite baselines, with a ball in the middle. Each player is assigned a different number, but the same numbers are used for both teams. This allows each player to be paired up with a player from the opposing team since they share a number. A number is announced. The player from each team with that number races to the ball. The first person to reach the ball wins a point.

Red Light Green Light (Grades 2-8)

This is a drill for a team, and not just an individual player. Give each player a ball and have them stand at the baseline. Yell "green light" and have them walk towards the other end of the gym while dribbling. When you yell "red light", each player has to stop immediately and cease dribbling. The player who reaches the other baseline first is the winner. This drill develops their dribbling skills and teaches them how to control the ball better. On the return trip, have them switch hands (if they came up left-handed, they go back right handed and vice versa).

Checking for Understanding:

Review the rules for each game before beginning.

Lesson Adaptations

Time Adaptations:

These games can be as long or short as needed based on time and size of group.

Location Adaptations:

These games can also be played on the playground.

Age Adaptations:

Consider the ages and current basketball skills of the young participants when planning the basketball drills.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: