

BASKETBALL ACTIVITIES



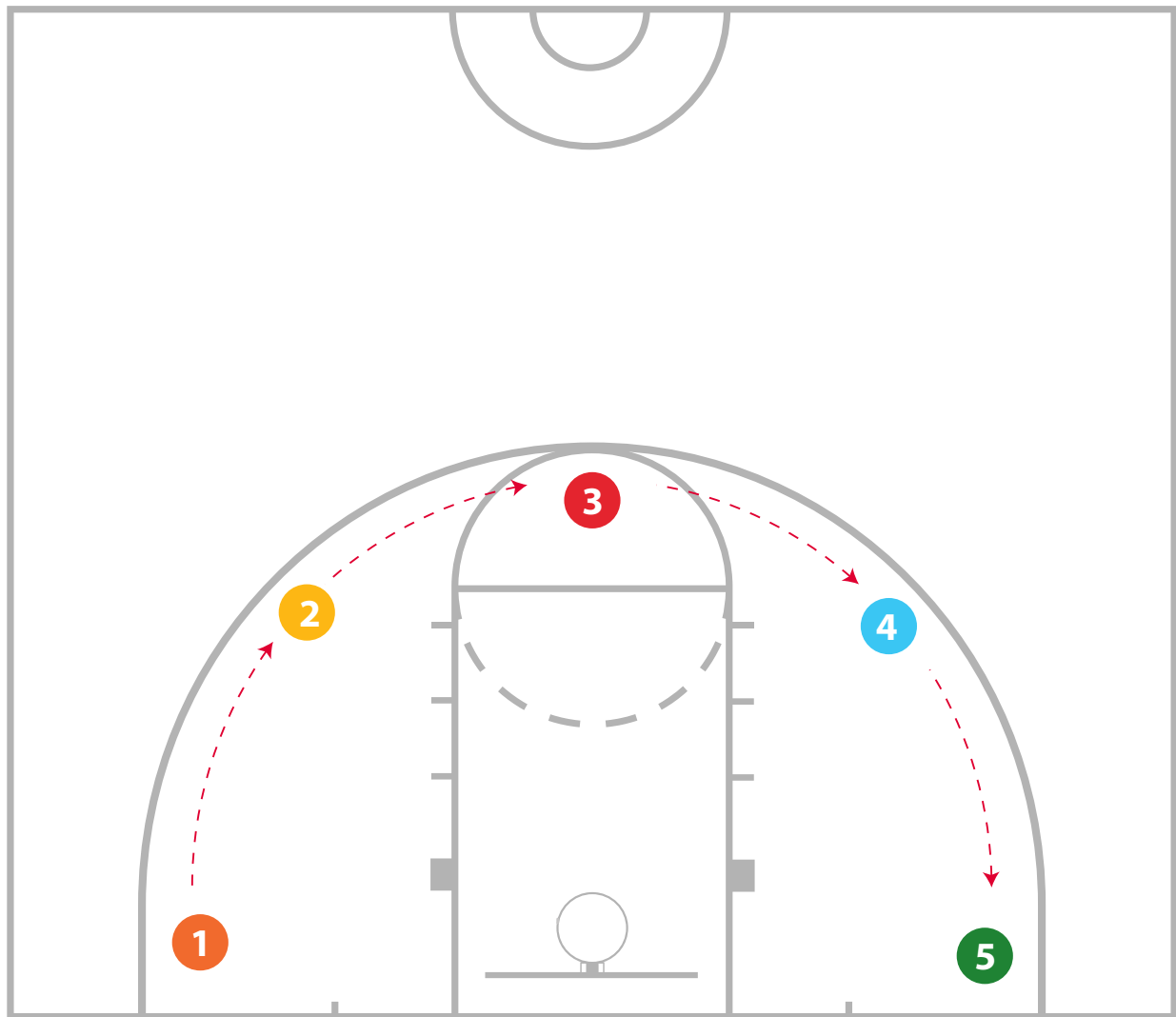
Includes:

Around The World
Free Throw Challenge
Line 'Em Up
Hoop Kid Skills Course

Around-The-World

Objective: The student will shoot two (2) shots from each numbered marker and try to make as many points as possible in one (1) minute.

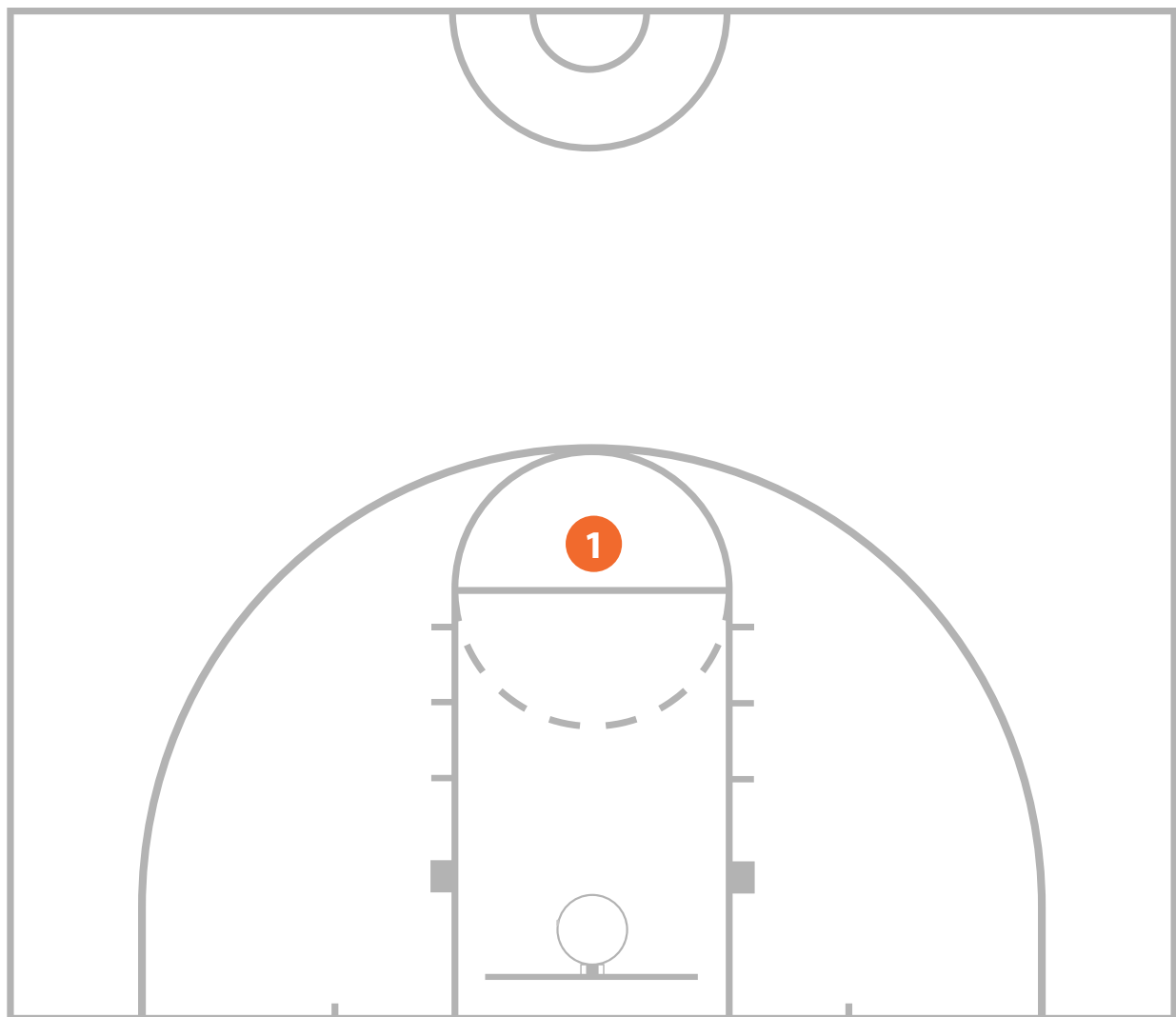
Procedure: The student begins when the timer yells "GO" or blows the whistle. The student ends when the timer yells "STOP" or blows the whistle after 1 minute has elapsed.



Free Throw Challenge

Objective: Students will choose a friend to rebound for them. They will have one (1) minute to make as many free throws as they can.

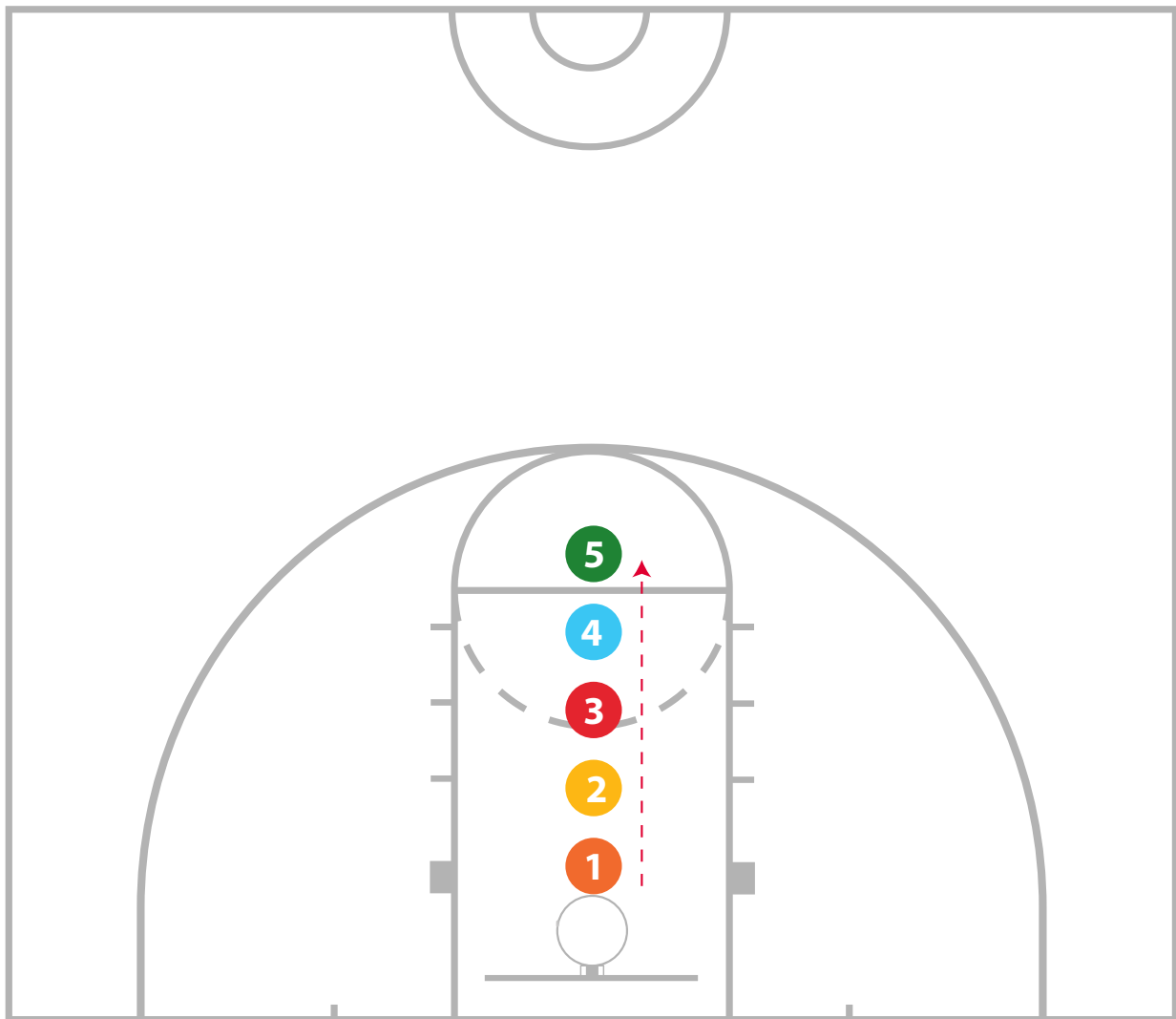
Procedure: The student begins when the timer yells "GO" or blows the whistle. The student ends when the timer yells "STOP" or blows the whistle after one (1) minute has elapsed.



Line 'Em Up

Objective: Students will shoot two (2) times from each spot for a total of ten (10) shots. They will have one (1) minute to make as many shots as they can.

Procedure: The student begins when the timer yells "GO" or blows the whistle. The student ends when the timer yells "STOP" or blows the whistle after one (1) minute has elapsed.



Skills Challenge Course

Objective: To challenge students to dribble, pass, shoot, run, jump, and move to complete the skills course in one (1) minute or less.

Procedure:

- Each student goes one at a time against the stopwatch.
- Each student begins with one basketball in hand and one foot on #1 marker to the right of the designated starting cone (#1 marker shown below in court diagram).
- The student begins when the timer yells "GO" or blows the whistle.
- The student ends when the timer yells "STOP" or blows the whistle after one (1) minute has elapsed.

