



# Basketball



## Key Stage 1

### BEGINNER Ball Handling

In basketball, it is important that players are confident in handling a ball. This section includes various activities to enable players to develop these skills.

#### Introduction

Give each player a ball and ask them to move the ball in different ways with their hands. For example, ask them to roll the ball while on their hands and knees. As the players are using the ball and manipulating the direction of it, shout out the instruction 'swap balls!'. Each player will have to find a player to swap balls with, then continue with the activity.

#### Game: Musical Balls

Give each player a ball and ask them to find a space with their ball held above their head in both hands. Explain to the players that when the music is not playing, they should be still with the ball above their head. When the music is playing, the ball should be placed on the ground and the players will move around the area, avoiding the balls and other players. When the music stops, the players will need to rush over to the ball and hold it above their head. Remove one ball each time the music stops. Therefore, one player will be out each round.

### INTERMEDIATE Throwing and Catching

A vital part of basketball is being able to successfully throw a ball and also catch it. This section includes various activities to enable players to develop these skills.

#### Introduction

Give each player a ball and ask them to find a space in the area. Ask players to practise bouncing the ball using two hands and catch the ball again. Ask them to practise this while remaining still, then ask them to practise this using one-handed bouncing. Then ask players to do this while moving. This will develop the skills needed for passing and catching while moving.

#### Game: Pass the Ball

Put the players into pairs or groups. Ask the players to bounce pass the ball between one another. It is important to emphasise that they need to call the name of the other player they are passing to. Ensure the player is always ready to receive the pass, standing with their hands out. Ask the players to count how many they complete. Then move on to passing the ball without it touching the ground.

### ADVANCED Game

By now, the players have practised handling the ball and also throwing and catching the ball. This section provides a game suitable for the players at this level. It involves a mix of the rules between basketball and netball.

#### Game: Basketball or Netball

Use a small number of players for each team, only three or four. Instead of using a traditional basketball net, use a smaller net at a lower level. The players are only allowed to move when they do not have the ball. Once they receive the ball, they must pass the ball or shoot into the net. The idea of this game is to develop the skills players need for a team sport (communication), while practising the skills they need for throwing and catching.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players.

### Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Encourage players to use two hands if they have difficulty bouncing the ball with one.
- Lower the net, if necessary.
- If players find ball handling difficult then use beanbags:
  - Players can then throw beanbags into hoops instead of balls; and
  - Place the hoops further from the players over time.
- If a ball and hoop are too difficult, use a beanbag with a bucket at either end of the court to score into.
- Wheelchair users may need to use a bigger ball.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- Use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that equipment marking the boundaries of the court is brightly coloured and clearly contrasts with the playing surface itself.
- Encourage players to pass the ball by handing it over rather than throwing it.
- Allow an adult or peer to guide the player around the court using directions or a hand on their shoulder.
- Use a sound ball with players who have a serious visual impairment.

### Useful Links

**Wheelchair Basketball**  
[niknightswbc.co.uk](http://niknightswbc.co.uk)