



Basketball



Key Stage 2

BEGINNER

Bouncing and Catching

In basketball, it is important that players are confident in handling a ball. This includes the skills of bouncing, throwing and catching. This section addresses these skills.

Introduction

Give each player a number, either one or two. Give a basketball to the number one players. Ask the number two players to find a space (explain what a space is if necessary). Ask the number one players to move around the hall bouncing the ball, while avoiding the other players. Then shout out 'number two', then the number one players must pass the ball to a number two player. The number two players will now move around the area bouncing the ball, while avoiding the other players. Then shout out 'number one', then the number two players must pass the ball to a number one player.

Game: Passing

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.

INTERMEDIATE

Shooting

Shooting is essential in basketball. This is how players score points and it is a vital part of the game. This section focuses on this area of the game.

Introduction

Demonstrate to each player how they should throw a ball. Explain what the black square on the backboard is used for. Give each player a different coloured bib. The bib should correspond to a colour of cone. Each player will also need a basketball. Then hold up a cone of a particular colour, this means it is the turn of the player with that colour of bib to shoot into the net.

Game: Beat the Clock

Divide the players into two teams. Each team will need to be arranged in a line in single file. Each team will have their own net to shoot into. Decide an appropriate length of time for the players to take turns shooting into their net. When the time starts, the players from each team will take turns throwing the ball at the basketball net. The team that scores the most baskets in that length of time wins.

ADVANCED

Game

By now, the players have practised handling the ball, throwing and catching the ball and also shooting. It is now time to play a game of basketball.

Game: Basketball

Explain the main rules of basketball to the players. For example, they must bounce the ball while running, it is non-contact. Use a small number of players for each team, only three or four. This will give the players more time on the ball and more touches of the ball. Set an appropriate length of time for the game. Allow rolling substitutes if necessary.



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