

# GAMES FOR GROUPS

# BASKETBALL GAMES

Printable Lesson Kit



PE  POWER **PACK**

## **IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE**

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@americancoachingacademy.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, social media page, forum, etc. even if you include the copyright notice. Images copyright Away With The Pixels, Educlips, Whimsy Clips.

## **LEGAL NOTICES**

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind regarding the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

## **CONSULT YOUR PHYSICIAN**

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

# GAMES FOR GROUPS

## BASKETBALL GAMES

Welcome to the PE Power Pack Games for Groups! Inside this resource, we've provided you with 5 unique, fun and effective PE games you can use with groups of all sizes. These activities are perfect for PE class, recess, after school programs, and even family fitness!

Each game includes the following information:

1. **Focus:** The components of fitness or skill areas that the activity focuses on:



TEAMWORK



COGNITIVE



GROSS MOTOR



FINE MOTOR



STRENGTH



ENDURANCE

2. **Group Size:** The minimum number of participants required for the lesson.



3. **Difficulty:** A rating from 1 (easiest) to 5 (hardest). Harder games require more skill, more setup or more complex rules.
4. **Equipment:** Required sports equipment or instructor materials
5. **Instructions:** How to play the game, step by step
6. **Make it Easier:** Modifications for younger or less active kids
7. **Make it Harder:** Modifications for older or more active kids
8. **Variations:** Different options to use while the kids participate in specific activities.

# FLAG TAG

**Equipment:** One flag and one basketball for each child

## FOCUS



## GROUP SIZE

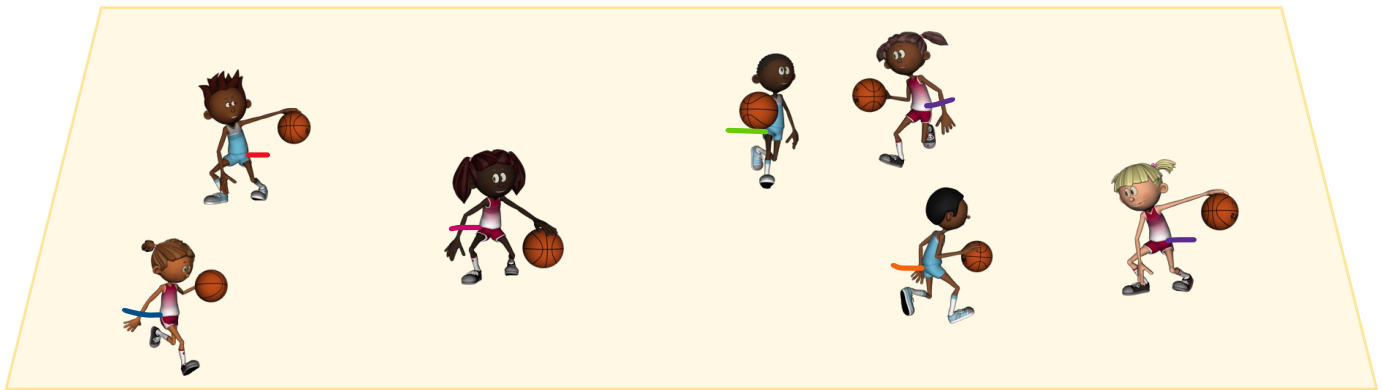


## DIFFICULTY



## SETUP

Spread the students out around your room and have them place one game flag or scarf tucked into their mid-region. Give each kid a basketball.



## INSTRUCTIONS

1. On 'go' the students must dribble around the room protecting their flag tucked into their pants.
2. The objective is to dribble the ball and try to steal another student's flag while not allowing another student to steal your flag.
3. When a child's flag is taken, they are temporarily eliminated.
4. The last kids left are the winner, then you can begin a new round.
5. If a child stops their dribble, they cannot take another student's flag until they start dribbling again.

## VARIATION

Give each child 2 flags to use to keep them in the game longer, but to also make the game a little easier. A child is eliminated when they lose both flags.



# KNOCKOUT

**Equipment:** 2 basketballs, 1 basket

## FOCUS



## GROUP SIZE



## DIFFICULTY



## SETUP

Put the students in a single line facing a basket. Give the first 2 kids in line a basketball.



## INSTRUCTIONS

1. In the game of knockout, the objective is to score your basketball before the player in front of you.
2. Each time a child gets their turn, their first shot must always be from the foul line, after that, they can shoot wherever they choose.
3. On 'go' the first child shoots the ball from the foul line. Once the shot is taken, the next child in line will take their shot trying to make it in before the first child.
4. If they miss, they continue to shoot from wherever they want. Eventually, a basket will be made.
5. If the first child makes a basket first, they must now retrieve the ball and give it to the next child waiting in line who will attempt to make it before the child in front of them.
6. If the second child in line makes a basket first, game play pauses for a second and the first child is eliminated. Keep playing until there is only one child left.

### VARIATION

Shoot from inside the foul line or lower the basket height to make it easier for younger kids.

# BOX BALL

**Equipment:** sponge balls, milk crates

## FOCUS



## GROUP SIZE

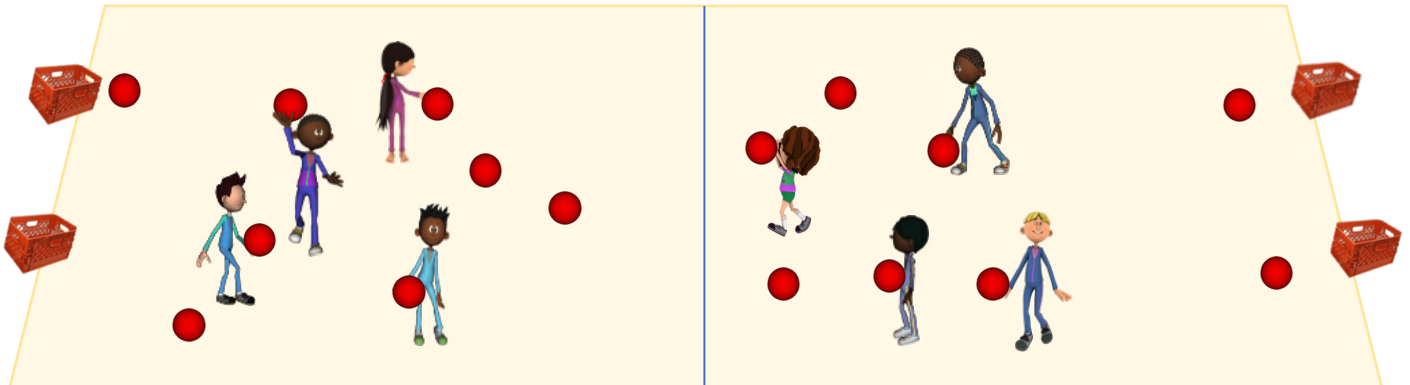


## DIFFICULTY



## SETUP

Split the class evenly and place each team on half the gym divided by the middle line. Place 2 milk crates or similar containers on each half of the room.



## INSTRUCTIONS

1. On 'go' the students will begin tossing the sponge balls across the room onto the other team's side with the objective of landing the ball into the other team's milk crate.
2. Start off only allowing underhand tosses to make sure the kids are being careful with their throws.
3. Each time a ball lands into the milk crate, pause the game and award a point to the team that scored. On 'go' begin the game again.
4. Do not play with goalies to allow quicker rounds.
5. Teams can position the milk crates anywhere they would like on their end line.

### VARIATION

Allow each team to have one or two goalies to make scoring a little more challenging.

# BASKETBALL RELAY

**Equipment:** 2 basketballs

## FOCUS



## GROUP SIZE

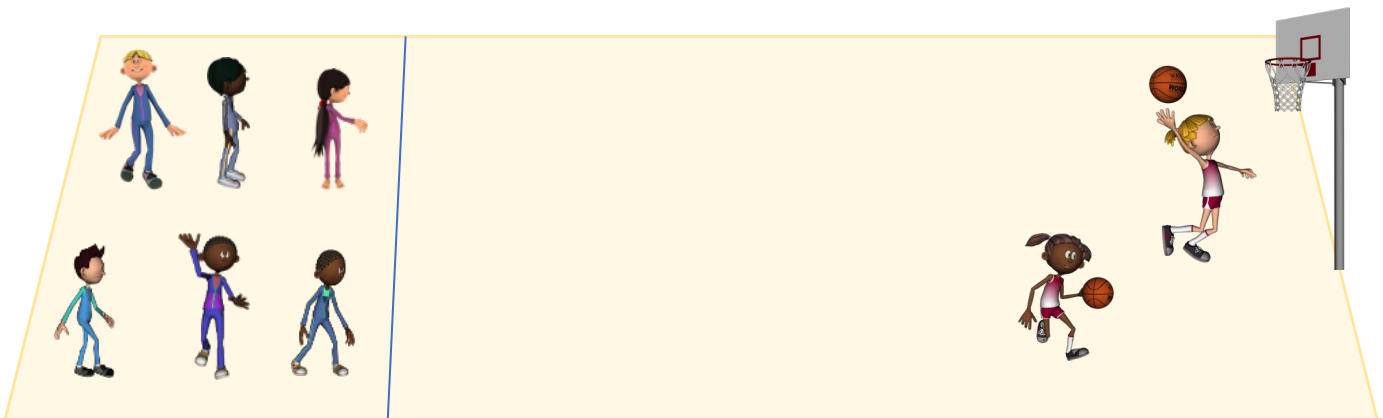


## DIFFICULTY



## SETUP

Place the students in 2 traditional relay race lines. Give the first child in line a basketball.



## INSTRUCTIONS

1. On 'go' the first kid in line must dribble their basketball towards the other end of the room attempting to make a basket.
2. Once they make a basket, they must dribble the ball back to their line and hand off the ball to the next student on their team.
3. If they miss their shot, they get two more attempts to make a basket. If they miss all three times, they must run back to the start line and hand the ball off to the next student.
4. The first team to finish the race wins the round. Mix up the teams and start a new round.

### VARIATION

For older kids, they must make their layup before returning to the relay line. For younger kids, lower the height of the basket or play with a smaller ball.

# PARTNER DRIBBLE RELAY

**Equipment:** 2 basketballs, 2 cones

## FOCUS



## GROUP SIZE

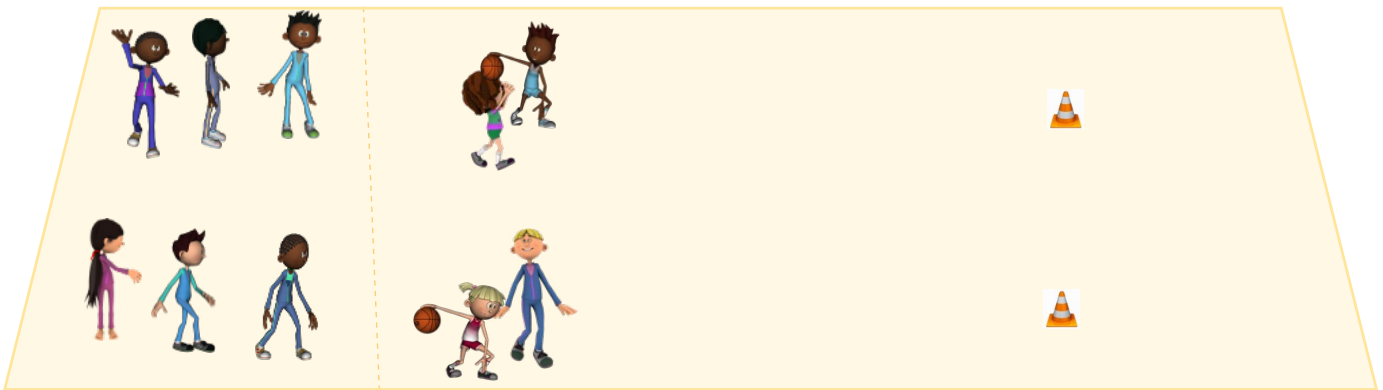


## DIFFICULTY



## SETUP

Place the kids in 2 traditional relay race lines. While on their line for the relay, each student must partner up with a teammate.



## INSTRUCTIONS

1. On 'go' the first two students in line will begin to partner dribble the ball around their cone and back to the start line.
2. A partner dribble requires one student to dribble the ball and pass it to their partner simultaneously. In return, their partner does the same as they dribble the ball and pass it simultaneously back to their partner.
3. Once they get back to the start line, they hand the ball off to the next 2 teammates who will follow the same format.
4. If the partners lose their dribble, they must stop, then begin from the point they lost the ball.
5. The first team to finish wins the round.

### VARIATION

To simplify the race, allow each child to dribble once, catch it, then pass it to their teammate who does the same as they move in the forward direction.