

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

BASKETBALL – DRIBBLING GAME (FIREBALL)

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Quick introduction

A great game for involving lots of people in a smaller area. Players keep control of the ball and try to knock other players' balls out of the area.

Getting started

- This is a dribbling game, with players in teams or as an individual playing inside a defined area. Any number of players can be in a team, but the playing area needs to be adjusted accordingly.
- If playing in teams, then three is an ideal number, and more than two teams can be in the playing area at the same time.
- One ball required per player.
- Players WALK dribbling their ball within the defined area and must maintain control of it while trying to knock other player's ball outside of the area.
- If a player steps outside the area or their ball goes outside it, then they are out of the game.
- As the number of players reduces, the defined area should be reduced accordingly.
- The knockout continues until one player or only players from one team are left.
- Competition can be best of three or five games, or organised so that only two teams play against each other at a time in a tournament or league format.

Think tactics

What is the best time to try to knock someone's ball away? How can you protect your ball at the same time?



BASKETBALL – DRIBBLING GAME (FIREBALL)



Organising the game

- Decide if format is to be individual or team and if so size of teams.
- Team may need bibs or same colour shirts to identify themselves.
- One ball per player of size five, six or seven to suit participants.
- The playing area needs to be defined by floor markings or cones and can be any shape. E.g. could be half-court, or in the basketball key.
- Decide on the playing area size to suit the number of players. Too large and they will too easily avoid each other, too small and they won't have space to dribble.
- Ensure all participants understand the playing rules and that they must walk, not run, while dribbling the ball.

Keeping it enjoyable

- Play music during the games.
- Teams choose a team name and wear same colours to identify themselves during the game.
- Encourage the players who are out to cheer on their team mates left in the game.
- Encourage any non-participating teams/players to help spot players or balls leaving the area.

Think inclusively

- Game could be played in wheelchairs if all players are seated.

Make it easier

- Larger areas or fewer players playing at one time.

Officiating

- One official per game to ensure players are leaving the game if they or their ball goes outside the area and to ensure safe play.
- One person to keep overall track of the game winners and overall competition scoring.

Spirit of the Games: *Excellence through Competition*



Even if it's close, own up if your ball goes out of the area.



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IM BASKETBALL 5 V 5

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Quick introduction

A modified version of the traditional game that can be played on a half or full court, or similar sized area into one or two hoops. 5v5 allows for a natural progression into the traditional game but IM basketball can also be played 4v4, 3v3, 2v2 or even 1v1 if space is limited.

Getting started

- Game duration time can be adjusted to suit the number of games/facility availability. For example play two periods of 20 minutes with a 1 minute half time. First possession is decided by a jump ball.
- Either team may substitute a player whenever the ball is out of play.
- Each team is permitted up to two time-outs of one minute each half.
- At a change of possession e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc if playing half court.
- Any player persistently fouling may be removed from the game by the referee. In the event of a foul the opposing team will receive the ball on the nearest side/end line. If the player is fouled in the act of shooting one/two free throws are awarded one if the basket is scored and two if the shot is missed. Each free throw is worth one point.
- In the event of a tie a free throw 'shoot-out' will decide the result of the game.
- Scoring: baskets scored from outside the arc (if available) = 3 points, baskets scored from inside the arc = 2 points. When a team scores the other team gain possession of the ball on the end line or outside the arc if playing half court.
- Swearing/abuse to other players/referees/coaches will result in the player being sent from the court and ruled ineligible to participate for the rest of the competition.

Think tactics

What kind of pressure can you put on the team in possession? Work on different methods.



IM BASKETBALL 5 V 5



Organising the game

- The game can be played half court (one basket) or full court depending on availability.
- If no court markings are available then set up a cone or floor line to indicate the playing area.
- One ball per game of size 5, 6 or 7 to suit participants.
- Explain the playing rules to the participants.
- Additional IM Basketball resources (including rules) can be found here www.imbasketball.co.uk

Officiating

- One person may fulfil the role of the referee and another that of the scorer (keeping team scores only) and timekeeper. If no more than one person is available, one person can fulfil all three roles in IM basketball. The referee may be the event organiser, a volunteer or provided by the first named team in a particular fixture.

Safety

- It is recognised that incidental contact between players is inevitable. All players should go out of their way to avoid creating unsafe play.

Keeping it enjoyable

- Encourage players to do quality rebounds (ball collecting) and passing.
- Rules can be introduced to ensure all players are included in the game, e.g. all players on a team must have touched the ball before a player can shoot.
- Encourage any non participating teams/players to help keep score and spot mistakes and cheer on another team.
- Reduce the goal height of possible.
- Make the playing area larger.

Think inclusively

- The game can be played by wheelchair users and played as non-wheelchair players.

Equipment required

- The only equipment needed for IM basketball (apart from a court with baskets preferably at either end) is a basketball, whistle, pen and watch.

Spirit of the Games: Excellence through Competition



Make sure all the substitutes get a fair share of the game.



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BASKETBALL – SHOOTING GAME 21

Quick introduction

A shooting game that can be played using just a hoop and involving up to eight players. Great for practising shooting from different areas in a competitive environment.

Think tactics

Work out your favourite spot to shoot.

Getting started

- This is a shooting game played by at least two teams each consisting of 3-4 players (fewer players can be used).
- Players in the team are to be lined up outside the three point line.
- One ball is required per team.
- Players go one at a time. The player decides whether to shoot from either the three point line, to dribble and shoot inside the three point line (outside the key area) or dribble and score a lay up shot.
- Deciding which shot to take is the player's choice. This can be tactical as part of a team strategy i.e accumulate points quickly with lay ups or attempt taking three point shots.
- If a basket is scored from outside the three point line, three points are awarded, two points are awarded from scoring inside the three point line and one point awarded for a lay up shot.
- Players collect their own rebound after a shot and pass the ball to the next player in their team line up.
- The whole team are to call out their accumulative points on each basket scored.
- First team to 21 points win. Competition can be the best of three games or the best of five games depending on the level of the players and time available.



BASKETBALL – SHOOTING GAME 21



Organising the game

- Use floor markers if normal court lines are not available. These should be placed 6.5 metres from the basket for a three point shot and a minimum of 2 metres from the basket for a shot inside the three point line.
- Explain where the markers are and the amount of points awarded accordingly for each basket scored.
- One ball per team of size 5, 6 or 7 to suit participants.
- Two teams can shoot at one basket or use more than one basket for more teams.
- Organise the players into roughly equal size teams (maximum 8 players). It does not matter if teams have different numbers of players in.
- If possible lower the height of the basket for participants aged 12 years and under.

Officiating

- One official per game to ensure teams are counting correctly and shooting from the correct markers.
- One person to keep overall track of the game winners and overall competition scoring.

Think inclusively

- Any number of players in a team can be in a wheelchair and play exactly as non-wheelchair players.

Keeping it enjoyable

- Encourage the teams to shout out their cumulative scores as a celebration and congratulate the scoring player.
- Play music during the games.
- Teams choose a team name and wear same colours.
- Encourage the players to do quality rebounds (ball collecting) and passing.
- Encourage any non-participating teams/players to help keep score and cheer on another team.

Make it easier

- Shorter distances for scoring markers.
- If games are taking too long, play to fewer than 21 points or time the games with music with highest team score the winners when music stops.
- Reduce the hoop height if possible.

Spirit of the Games: *Excellence through Competition*



Shooting involves a lot of self-belief.
Use this game to build your confidence.



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