

## A-Z School Games Challenge

### B – Basketball Challenge – Dribble Relay

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkout** and tag **@ThinkActiveCSW**

## BASKETBALL – DRIBBLE RELAY

### Quick introduction

An excellent slalom challenge for improving dribbling with a slalom course designed by young people.

### Getting started

- Get the players to place the cones 3m apart from each other.
- After the first challenge players could design their own course.
- Players take it in turns to dribble in and out through the course of cones set out.
- Dribble out and back.
- Players complete the course as quickly as possible.
- This could be a team or individual challenge.

### Health and safety

- Check equipment and surface.
- Make sure there is enough space for the challenge to take place.

### Equipment required

- Markers and one ball per person or per group.



## BASKETBALL – DRIBBLE RELAY

### PHYSICAL ME

- Keep hand on top of the ball.
- Push the ball down – don't slap it.
- Look ahead and not down at the floor.

### SOCIAL ME

#### Leading and volunteering

- Scorers and timekeepers can record the time for each player.
- Equipment managers could design different slalom courses.

### Think inclusively (STEP)

#### Space

- Increase or decrease the total distance; mobility-impaired players can cover shorter distance.
- Increase or decrease gap between cones depending on ability or space needed.

#### Task

- Wheelchair players use 'two pushes, one bounce' rule.
- Players with restricted movement can carry the ball and bounce and catch at each cone.

#### Equipment

- Taller cones or posts will be seen more easily by manual or powerchair users.

#### People

- Visually-impaired players can have manual or verbal guidance around the course.



### THINKING ME

- What would be a really good time for the course?
- How can I do a controlled quick turn?

### SPORTING ME

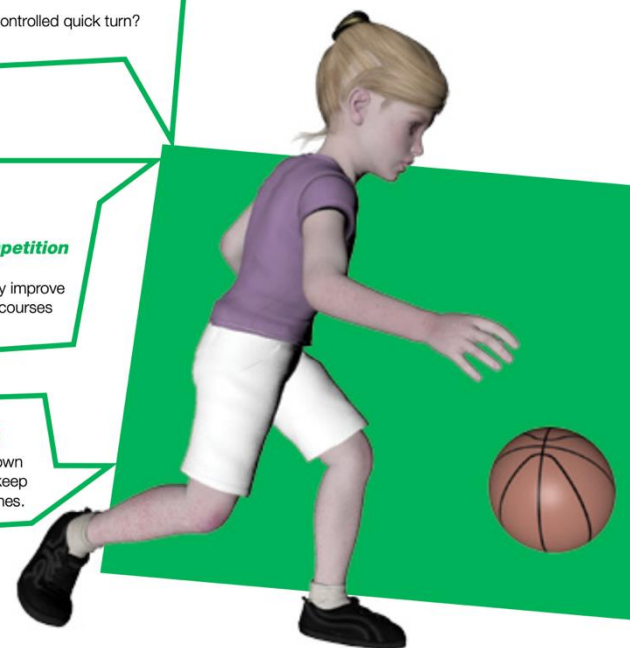
#### Spirit of the Games: Excellence through Competition



I know I can gradually improve my times even if the courses get more difficult.

### TACTICAL ME

It is worthwhile to slow down before a turn. I can then keep control of the ball at all times.



**FUN FACT** – With the rim of a basketball hoop standing at 10 feet off the ground, it's definitely a benefit to be tall in this game! The tallest player in NBA history was Manute Bol at 7 feet & 7 inches tall, the shortest was Muggsy Bogues at 5 feet & 3 inches.

How tall are you in Feet and Inches?

If you have enjoyed this challenge and would like you get involved in at a local basketball club take a look at

<https://www.basketballengland.co.uk/court-finder/>

**FOLLOW, RETWEET, GET INVOLVED!**