

FAST BREAK BASKETBALL

Fast Break Basketball

3-2-1...Swish! Join us for Fast Break Basketball where we'll "cross-over" between GAME PLAY and skills stations. The games within the game are where we will expose players to HOOPS skills like dribbling, passing, shooting, rebounding, and defense. Test your abilities having fun scrimmaging or playing games like Dribble Scribble, King of the Court, Hot Shot Shooting, Knock Out, and MORE! Be ready to take that last second shot, make that extra pass, and block that go ahead basket while learning the fundamentals of Basketball and the concepts of team work and sportsmanship in one of the world's most popular games.

Skills to focus on: Dribbling, passing, shooting, and defense.

Facilities: Know the space that you are teaching in, if the basketball hoops do not lower shooting with the younger kids may not be a good idea – get creative when thinking about how to teach younger kids how to shoot without baskets. If the playing area or court has lots of lines drawn on the court, be sure to use them for boundaries, games, and instructional directions.

Safety Concerns: Make sure that basketballs that aren't being used are not on the court or underneath a basket being used. Careful teaching and using bounce passes with the younger grades, the ball can bounce quickly into a child's face. Make sure that you are instructing kids to keep their hands up and ready whenever the games are being played.

Tips: Basketball is a great game to include a 'clock aspect'. Countdowns to last second shots in games or running out of time in relay's or contests are always exciting for children. Be sure to let older kids scrimmage and be sure to let younger kids take turns having the ball. The instructor can act as a free pass in both groups to facilitate moving the ball around.

Skills/Drills

1. Positions/Rules of the Game
2. Dribbling
3. Dribble Moves
4. Passing
5. Lay-ups
6. Shooting
7. Defense
8. Ball Movement (Offense)
9. Rebounding
10. Foul Shots

Games

1. Dribble Scribble
2. Numbers Game
3. Pizza Shootout
4. Merry Go Layups
5. Fireball
6. Dribble Eliminator
7. Hot Shot Shooting
8. Bull in the Ring
9. Around the Wheel
10. Knockout
11. Diamond Layups
12. 2 on 2 Tournament
13. Speed Ball
14. Soda Fountain
15. 5-4-3-2-1
16. Kind of the Court
17. Ice Monster
18. Sharks and Minnoes
19. Red Light, Green Light
20. Remote Control
21. Relay Race
22. X-Factor
23. Scrimmage