

INCLUSIVE ZONE BASKETBALL DRIBBLE THAT SPACE

Quick introduction

This is a dribbling challenge where those with the ball try to get across a space without being tagged.

Getting started

- Use throw-down markers or marker discs to show the taggers area.
- One to three players are positioned on the centre line of the court/space or in a zone marked out horizontally in the middle of the court. This player or players acts as the tagger(s).
- Taggers must remain in this zone and dribble continuously while chasing.
- All other players try to dribble across the court/space without being tagged.
- Wheelchair users can carry the ball on their lap but must dribble (bounce) the ball once for every two pushes.
- Players will be awarded one point for one length of the court and aim to cross the court as many times as possible before being caught to collect as many points as possible.
- When tagged, players must sit out and encourage fellow players or practise their dribbling skills (e.g. in and out of a line of cones).
- Agree the number of taggers and number of rounds depending on the total number of players in the group.
- At the end of one to three rounds, the player with the most number of points wins.

Health and safety

- Insist on no contact other than a light touch to tag.
- Ensure that the playing space is large enough to accommodate the number of players.
- Wheelchairs only to be used with an anti-tip wheel on the back e.g. five wheels.

Equipment required

- Marker discs or throw down lines to mark the playing space.
- Variety of basketballs; for example, standard basketballs, mini-basketballs, lightweight or soft-touch basketballs.



INCLUSIVE ZONE BASKETBALL – DRIBBLE THAT SPACE



PHYSICAL ME

- Practise changing speed and direction; what are the best ways to do this when using a wheelchair?
- Challenge the players to match or exceed the number of points they have got in previous games.
- Practise dribbling the ball before attempting the challenge.

SOCIAL ME

Leading and volunteering

- Officials could indicate when players have been tagged.
- Timekeepers could time the challenge.

Think inclusively (STEP)

Space

- A 'safety zone' can be placed in the taggers' area where some players may be allowed to rest for short periods without being tagged.

Task

- Some players can begin by:
 - playing without a ball
 - while carrying the ball
 - dribbling, but walking.

Equipment

- Try using rugby tag belts.

People

- Where taggers have mobility impairments, increase number of taggers to challenge the other players.



THINKING ME

- How can I get across the playing area at least once without being tagged?
- How can I dribble the ball with either hand/on either side of my body? Do I need more practice?
- How can I change speed and direction while dribbling?

SPORTING ME

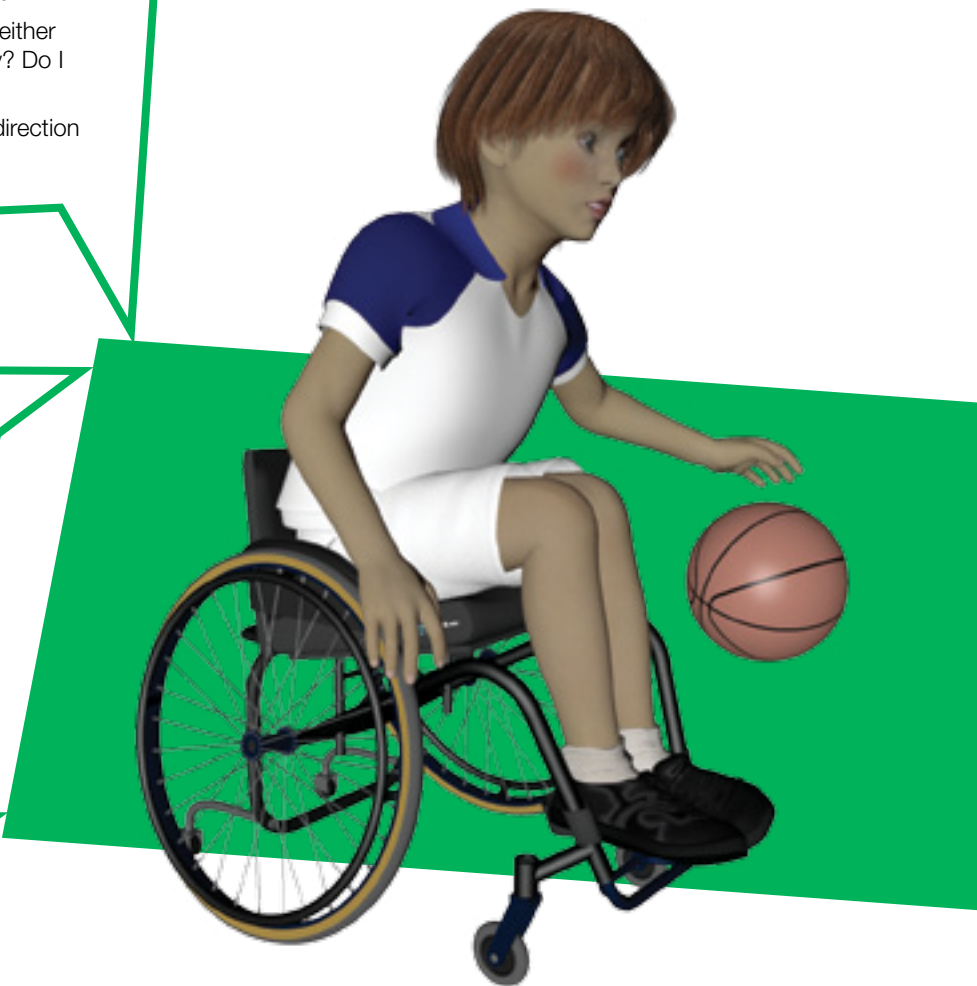
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Did I always own up when I was tagged?

TACTICAL ME

When is the best time and where is the best space to dribble the ball?



INCLUSIVE ZONE BASKETBALL COUNTDOWN

Quick introduction

A passing game with the challenge of passing the ball as soon as possible.

Getting started

- All players gather in a circle, either seated or standing.
- The ball can be passed in any way; e.g. chest, bounce or high pass.
- Players pass the ball to each other across and around the circle.
- After 10 seconds of passing the ball, the person with the ball is knocked out of the game.
- Time keeper blows whistle to end the game at 60 seconds.
- Players remaining in the game score one point.
- Agree a number of rounds before counting up individual scores.

Health and safety

- Be aware of the ability of the person to whom you are passing the ball.
- Vary the width of the circle and spaces between players to give more reaction time.
- Use lightweight balls if needed.

Equipment required

- Chairs, wheelchairs.
- Variety of basketballs and lightweight balls.



INCLUSIVE ZONE BASKETBALL – COUNTDOWN



PHYSICAL ME

- Make a target by holding hands ready to receive a pass; this makes a target for the passer and improves accuracy.
- Try to know where the ball will go as soon as it is caught.

SOCIAL ME

Leading and volunteering

- Timekeepers can time the 10 and 60 seconds.
- Leaders can be appointed to look after games themselves.

Think inclusively (STEP)

Space

- Decreasing the space will speed the game up.

Task

- Change the game by having the player who is knocked out go round the outside of the circle before re-joining the game again.
- Players knocked out form another circle to practise passing.
- Progression – players clap once before receiving the ball.

Equipment

- Use a different size of shape of ball e.g. size 3 basketball or rugby ball

People

- Players can be put into two or three teams, this develops tactical play. Teams can have a 30-second time out in between games to discuss tactics.

THINKING ME

- How can I ensure I count my successful passes?
- How can I play using different passes?
- How can I change my technique to send the ball different distances.

SPORTING ME

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I always congratulate others for good play.

TACTICAL ME

I always try to know my target before I get the ball.



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INCLUSIVE ZONE BASKETBALL - SPOTS

Quick introduction

This shooting challenge involves shooting successfully from different places. It can be played as a knockout, league or tournament and competitions can be between individuals or pairs taking turns to shoot.

Getting started

- Throw-down or safety markers are put down as spots, different distances and different directions from the basket; set up tripod basket or hoop underneath main hoop.
- Players shoot at the basketball hoop, tripod target or an alternative from a variety of distances marked by 'spots'.
- Shots into the tripod basket or hoop equal half the number of points as the 10ft or 8ft hoop.
- Players shoot at the basket from the spot of their choice. If they score they get as many points as the value of the spot. For example a successful shot in to the 10ft or 8ft hoop from a 4 point spot scores four points.
- Players can discuss the value of each spot; values can be from one to eight.
- The values are remembered or marked on sheets of A4 paper next to the spot. Spots close to the basket should have a smaller value.
- Players try to score as many points as possible in one minute (or adjusted time).
- Players must move from spot to spot by dribbling legally.
- Winner can be highest score made in one minute or highest score accumulated over an agreed number of turns.

Equipment required

- Wheelchairs.
- Five balls.
- Tripod baskets.
- Target on the wall/hoops.

Health and safety

- Equipment used for spots must be flat to enable wheelchair access e.g. mats, tape, chalk.
- Surrounding area to be clear of bags, equipment etc.
- Wheelchairs only to be used with an anti-tip wheel on the back e.g. five wheels.
- Tripod baskets/hoops to be sectioned off using throw down lines, cones, chalk, tape etc.
- Stationary chairs must be stable.



INCLUSIVE ZONE BASKETBALL – SPOTS



PHYSICAL ME

- Practise the most appropriate shooting technique.
- Identify the area from which it is easier and more difficult to shoot.
- Try shooting five balls quickly and see what happens.

SOCIAL ME

Leading and volunteering

- Appoint a scorer to each basket to count the score and report back afterwards.
- Equipment managers could set out the throw down markers and change their position as players improve.

Think inclusively (STEP)

Space

- Separate abilities onto different height hoops but have spots / points in same place to allow a level playing field.

Task

- Try a shorter or longer time.

Equipment

- Why not time the game using music?
- Spots can be colour coded linked to their value.
- Adapt equipment to suit the group e.g. reduce the hoop size.

People

- All abilities can play in a wheelchair. If equipment allows, get non-disabled participants to play in a wheelchair rather than use stationary chairs.
- Able-bodied players can play in domestic BWB wheelchair basketball leagues.

THINKING ME

- How can I focus on the target?
- How can I improve my shooting from different positions?
- Can I try to dribble the ball from spot to spot?

SPORTING ME

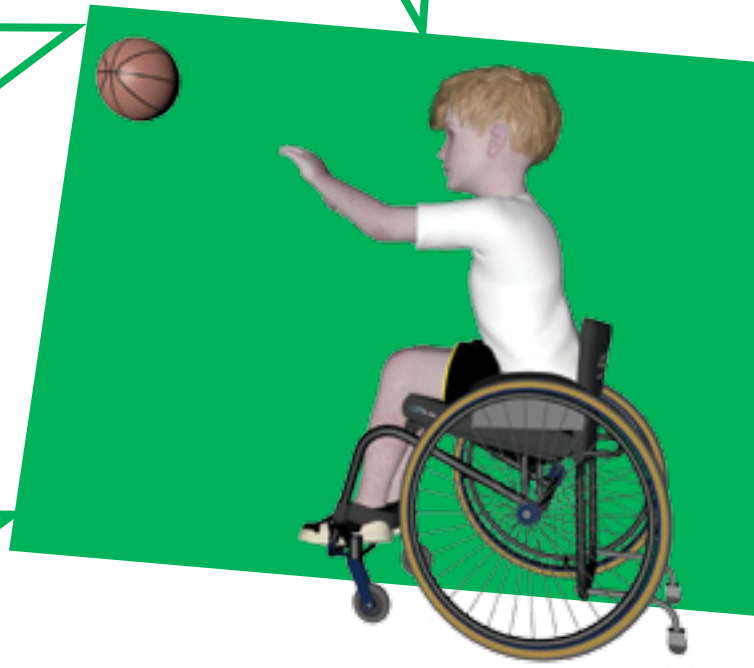
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Just before shooting, I always tell myself the ball will go in, and shut my eyes to imagine it going in and hear the 'swoosh'.

TACTICAL ME

I use this game to work out my strongest areas to shoot from.



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