

FAST BREAK BASKETBALL GAMES

1. Dribble Scribble

Equipment Needed: Cones, Basketballs

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Player without basketballs are "it".
2. Everyone else has a basketball and the players without the ball are trying to tag him or her.
3. Follow regular basketball rules- dribbling (no travelling).
4. If you get tagged, you give the ball to the player that tagged you and you become "it".
5. No immediate "Tag Backs".

2. Numbers Game

Equipment Needed: Cones, Basketballs

Set Up: Create rectangular playing area (or use court with basketball nets)

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1, 2, 3, 4, 5... (there must be an equal amount of numbers on both teams).
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and dribble to their team's basket and take a shot.
6. Each player gets one shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- Award points for a player who runs back to his/her team faster or for teams cheering.

3. Pizza Shootout

Equipment Needed: Cones, Basketballs

Set Up: Place cones – 3 or 4 feet out from the basketball net

How to Play:

1. Have as many team leaders as you have baskets.
2. Divide the class into teams with the leaders sitting in front of each basket.
3. Each team goes to their basket and sits down Indian Style facing the basket while the Instructor explains Pizza Shooting.
 - Hold the ball next to your ear like a pizza.
 - Off hand is the placement hand
 - Legs should be shoulder width length apart
 - Push the ball up or out
 - Reach your hand into the cookie jar (follow-through)
4. Each team is going to shoot and will try to make 5 baskets.
5. The 1st team to make 5 has to be seated in a perfectly straight line in order to win the game.
6. 1 person shoots and get his/hers own rebound and gives the ball to the next player in line.
7. 1st round is a practice round so all scores will be 0 until the 2nd round.
8. If a team wins, they receive points.

Tips:

- The game may also be played only using Lay-Ups

4. Merry Go Lay-Ups

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Pay

1. Have the class pair off using all the baskets that are available.
2. Each pair is competing against each other.
3. By making the following shots, all in a row advances to the next round:
 - Right hand
 - Left hand
 - Jump shot 3 feet away
4. All the winners compete against each other until there is one.

5. Fireball

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play

1. Split the class into equal teams of 4 or 5 players.
2. In this game, the teams have to get to the other end of the basketball court without the ball ever touching the floor and score a basket. Every player must touch the ball at least once.
3. Once they make their shot, they get the rebound without the ball hitting the floor, and they come back to the other basket and try to make another shot. If at any point, the ball hits the floor that team is off and another comes on. Each team is trying to make it down the court and back.
4. The 1st round is always a practice round but do not tell the teams that until after the round.
5. After a couple of rounds, put an 8-second time limit in. 8 seconds up the court and 8 seconds back down the court. If they don't get a shot off in the 8-seconds then it is the next team's turn.
6. The object is for a player to pass the ball and then rotate to the front of the line. This is repeated until they make it to the other side to try and score a basket.

6. Dribble Eliminator

Equipment Needed: Cones, Basketballs

Set Up: Create a boundary with the cones.

How to Play:

1. Players start inside the 3-point line (or boundary) with a basketball.
2. The object is to knock everyone else's ball out of the area.
3. Players without basketballs can be defenders trying to knock ball away.
4. You can also do quick rotations so some players will be in and some will be out.
5. As the group gets smaller, move the group into the free throw lane (or smaller boundary).
6. The player, who is last in the lane with their ball, is the winner.
7. No Fouling, No Travelling, No Double Dribbling.

7. Hot Shot Shooting

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Split up players into even groups at each basketball net.
2. First player in line needs a basketball.
3. Players have a time limit to make as many shots as they can.
4. Inside the lane is worth 1 point and outside the lane is worth 2 points.
5. Players waiting their turn keep score for shooters.
6. Rotate and play several rounds after each time limit.

8. Bull in the Ring

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Players form a circle (make sure circle isn't too big)
2. 1 player stands in the middle.
3. The player in the middle's job is to try to get a finger on the ball as it is passed around.
4. The player in the middle may touch the ball as it is passed around the circle or if it is in someone's hands.
5. If they touch the ball they replace the player who passed the ball.

Tips:

- No pass backs - A player cannot pass to the player that just passed it to them.
- A player cannot pass to the player next to them.
- Add a second defender, as they become better passers.

9. Around the Wheel

Equipment Needed: Basketballs

Set Up: No set up needed

How to Play:

1. Players form a large circle.
2. One player begins in the middle with a ball.
3. That player passes the ball to someone in the circle.
4. The player who catches the ball must dribble to the middle of the circle and then passes to a different person.
5. Once you have passed the ball from the middle you go back to your place in line.

Tips

- Instructor should add rules; i.e. - only bounce passes, only chest passes, add more balls to the circle at the same time, only a few seconds to pass.
- Instructor should remind players in the circle to have hands up and to be ready.
- Instructor can eliminate people from circle for breaking any of the above rules or for bad passes.

10. Knock Out

Equipment Needed: 2 basketballs for each game being played

Set Up: No set up needed.

How to Play:

1. Players line up in a stack at the foul line.
2. 2 balls are given to the 1st and 2nd players in line.
3. Player 1 tries to score the basket before the player 2 (the person behind them) does.
4. If they succeed, they are to return to the end of the line.
5. Player 2 may not attempt to score before player 1 (the person in front of them) has had a chance to shoot.
6. If player behind you scores first, you are out of the game.

11. Diamond Lay-Ups

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Split players into 4 equal teams.
2. Place a group at each side of the half court line.
3. Place a group under each basket at both ends of the court.
4. Start the game by having a player rebound the ball off the backboard.
5. The player then passes to the line of players on one side of the half court.
6. That player dribbles to the opposite basket for a lay-up.
7. The first person in line under the other basket will rebound the ball, then outlets to the other line at half court.
8. Continue drill around the court.
9. Count to see how many lay-ups they can make in a row.
10. Change to jump shots if the players are skilled enough.

12. 2 on 2 Basketball Tournament (or 3 on 3)

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. The players will participate in a real basketball game.
2. Make sure you are using all the baskets. One basket is need for each game.
3. Determine how to keep score, length of games – either by points or time limit

13. Speed Ball

Equipment Needed: Basketball

Set Up: No set up needed.

How to Play:

1. Players should form a small circle.
2. All players are on the same team working together.
3. Players are to pass the ball in a designated direction without skipping any players around the circle.
4. Type of pass should be decided by the Instructor; i.e. - chest, bounce, roll)
5. Instructor should create time limits that players have to beat to get ball around the circle.
6. Circle should get bigger with each round.

Variation:

- Split a larger class into 2 or more groups and have the groups compete against each other.

14. Soda Fountain

Equipment Needed : Basketballs, Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Designate each side of the boundary a different name of drink.
2. Make sure the players know which side of the boundary is named what.
3. Each player should have a basketball.
4. If some players don't have a basketball they may be defenders in the playing area.
5. When Instructor yells the name of the drink out all players must dribble to that side.

Tips:

- **Drink Names:** Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- Make the center of the playing area another name of a drink and have the players take one shot and return to the middle.

15. 5-4-3-2-1

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Instructor should split players into 2 groups.
2. Half of the group on one side of the gym and half on the other.
3. The Instructors pass the ball to a player running towards the basket to simulate a last second play.
4. The Instructor counts down 5-4-3-2-1.
5. The player must take a shot before the Instructor gets to 0.
6. The skill and age group of the class should determine the distance of the shot.

16. King of the Court

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Give everyone a ball and have them spread out and teach them the following things. When you call out a ball handling technique they must do it. If not every player can have a ball, make them pair up and rotate with every new technique.
2. Ball Handling Techniques:
 - a. **Finger Taps** – Hold the ball out in front of you with your elbows locked, pushing the ball back and forth with only your fingertips.
 - b. **Figure Eights** – Have your feet spread open shoulder length apart; putting the ball through your legs like a pretzel.
 - c. **Corkscrew** – Make a circle around your body using the basketball. First start at the waist (middle), then ankles, back to middle, and then head.
 - d. **Scissor** – A little like figure 8, but your feet are shuffling forwards and backwards.
 - e. **Neck Drops** – Place the ball on the back of your neck, drop the ball and try to catch it.
 - f. **Ball Slams** – Slam the ball down hard with 2 hands and try to catch it on the way up.
 - g. **Kill the Grass** – Find a place anywhere on the court and do your favorite moves for 30 seconds. Repeat 3 times.

17. Ice Monster

Equipment Needed: Basketballs, Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Designate a player to be "it". The rest of the players should have a ball.
2. Players should dribble the ball around the playing area.
3. If the player who is "it" steals the ball or tags another player that player must freeze.
4. The tagged player must stand with their legs open.
5. Players become unfrozen by having a ball rolled through their legs.

18. Sharks and Minnows

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Players line up on one end of the court with a basketball
2. Either the Instructor or player will be the "Shark," who is it without a basketball.
3. The "Shark" will start in the middle of the court.
4. When the "Shark" yells "GO" the players will try to get to the other side of the boundary dribbling without getting tagged.
5. Players will stop at the other end of the boundary.
6. If a player gets tagged, they join the "Shark" in the middle without a ball and are now a "Shark" as well.

Tips:

- Larger groups should be given criteria before they are allowed to run across; i.e. - everyone with a red shirt, everyone with long sleeves.

Variations:

- **Octopus Tag-** In this version of the game, the player who gets tagged in the field does not become a "Shark." Instead they become an "Octopus" and are frozen but may move their arms to tag others that run by.

19. Red Light Green Light

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Designate a player to be "it".
2. All other players should line up on the other side of the area.
3. When "it" player says green light, other players may move and advance toward the "it" player while dribbling.
4. When "it" player says red light, all other players must stop.
5. If players do not stop, they are out and go back to the starting point.
6. Players that make it to the end of the playing area without getting tricked, win.

20. Remote Control

Equipment Needed: Basketball

Set Up: No set up needed.

How to Play:

1. Players are to spread out all over the playing area.
2. Players will practice dribbling while commands are called out.
3. Instructor will yell out commands for a remote control.
 - a. **Play**- players dribble around normally
 - b. **Stop**- players freeze, place ball in the air above their heads
 - c. **Rewind**- players dribble backwards
 - d. **Fast Forward**- players dribble as fast as possible
 - e. **Slow Motion**- players dribble as slow as possible
 - f. **Eject**- players fall down to the ground with their ball

21. Relay Race

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Divide players into equal teams.
2. Proceed with a relay race.
3. Begin by running and holding the ball (make them yell THIS IS WRONG as they run)
4. Next time through have the players dribble with their right hands.
5. Next time dribble with their left.
6. Add variations to the relay challenge (cross over, between legs, etc.)
7. Incorporate passing on the exchange to the next player in line.

22. X-Factor

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. Divide the players into 4 teams.
2. Each team is stationed at a corner of the court.
3. 1st player in each line dribbles to middle of the court where Instructor is a defender.
4. Once player reaches middle they should explode to the basket nearest their corner.
5. Player shoots on the basket, then returns to end of their team's line.
6. Next player then repeats the same path.
7. Instructor should change how players shoot, and where they can shoot from.

23. Scrimmage

Equipment Needed: Basketballs

Set Up: No set up needed.

How to Play:

1. The players will participate in a real basketball game, 5 on 5 with all the rules.
2. No pressing.
3. Do not let them steal the ball from anyone on the dribble. Stealing from a pass is okay.