

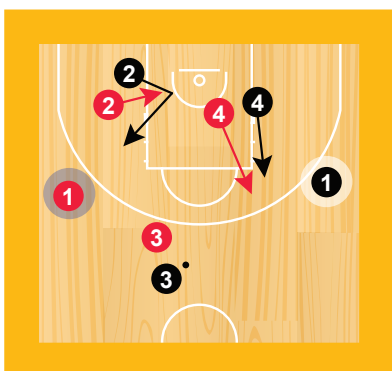
5 MODIFIED RULES

5.1 BASKETBALL ACTIVITIES WITH NO BASKETS

MODIFIED GAMES

These are games that include most of the skills needed in a game of basketball, but they are modified so that each player will get a chance to practice the skills in a “game like” environment.

These games also don’t need a basketball ring, so can be played anywhere!



HOOP BALL

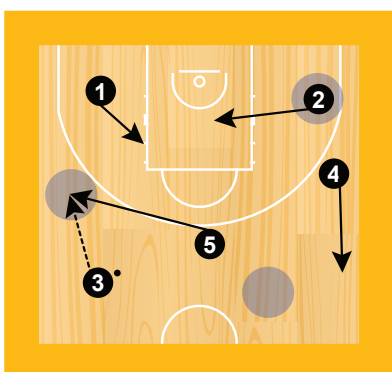
This is a game for two small teams. Shown is 4 players on each team, but you could play with 3-7 players per team. The size of the area should be adjusted depending on numbers.

Place two hoops at opposite ends of the court (shown as shaded blue and white circles). A player from each team stands in the hoop.

Players may dribble or pass the ball and the game provides an excellent opportunity to practice stopping and pivoting. Teams score by shooting the ball to their team mate who is standing in the hoop.

When a team scores, their opponent starts with the ball at half way and the two players that are standing in the hoop can swap with a team mate. If an opponent steals the ball, they can immediately try to score.

The game can be played for a specific time or up to a set score. Most importantly, don’t leave the same player in the hoop all the time – the coach should change who is standing in the hoop regularly.

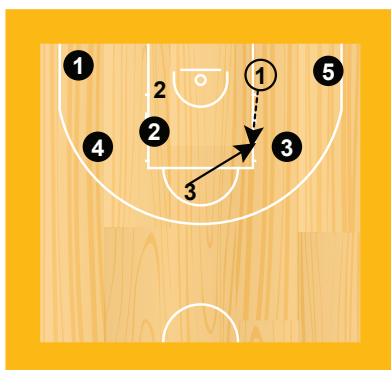


MUNNSY HOOPS

This game is ideal for teams of 3-5 (for simplicity, only one team is shown on the diagram). Place 3 hoops in the playing area (shown as shaded circles).

Similar to Hoop Ball, teams score by passing to a team mate who is standing in a hoop. However, a player can only stand in a hoop for a maximum of 2 seconds before they must step out. Any player can stand in a hoop.

When a team scores, they keep the ball! The defence can only get the ball by intercepting a pass or stealing if from someone that is dribbling (initially do not let them take the ball out of an opponent’s hands). Play the game for a set time or up to a set score.

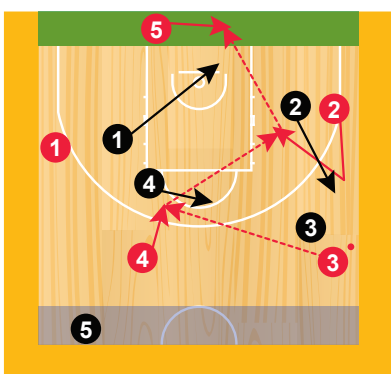


4X3 PASS TAG

In this game, 3 players are the “taggers” and the other 4 players move around a defined area (e.g. inside the 3pt line) and try to avoid being “tagged”.

The taggers pass the ball between themselves (and the coach may allow dribbling) and attempt to touch an opponent with the ball. The tagger must hold the ball in their hands – they do not throw it at their opponent.

Continue the game for a set time and see how many “tags” the taggers can get. Then play again with different taggers.



5 POINT PASSING

Two teams with the same number of players. One player from each team stands in a defined “5 point” zone (shaded in blue and green). The player can move anywhere in the zone.

The team with the ball passes between themselves, earning one point for every successful pass. If a pass is made to the teammate in the “5 point” zone, the team get 5 points!

The opponents try to intercept passes. If they do, they place the ball on the ground, for the passing team to pick up. You can play for a set time and see how many points the team can score.

The coach should regularly change who is standing in the 5 point zone. The activity can be done with no person designated to be in the 5 point zone, but allowing players to move into the zone whenever they want (as long as there is only one player in the zone at any one time).

VARIATIONS

- Whenever a ball is intercepted the passing team lose points
 - If a pass is dropped or thrown away, the passing team lose points
 - If the defending team intercept the pass, they now become the passing team.
- See which team has the most points at the end!