

Games for SNYB and Community Coaches

TENNIS BALL ACTIVITIES- Dribbling, Catching, Movement skills
Recommend someone purchase enough Tennis Balls (not expensive) for each kid.

Dribble with just a tennis ball for a few minutes; notice how they really have to concentrate on catching the smaller ball and then tossing down. Get a good feel for the ball. Always switch hands.

(For 7 and up) Dribble Basketball and toss tennis ball in other hand. Helps to teach dribbling without looking at the Basketball. Then dribble the tennis ball and Basketball at same time.

Load the drill- Partner up, each with a Basketball and one Tennis ball. Both dribbling, toss the tennis ball back and forth to one another. A further load is to have them continue as they move around.

Egg and Spoon Race- have someone bring some larger size spoons. Hold the Tennis Ball in the spoon with one hand and dribble with the other. As always be cautious if it's too tough for some of the kids. Your call if you want to use real eggs!

MIRROR AND KNEE TAG-Footwork, Defence

Partner up in a small area. Coach demonstrates that they are a mirror and the other person has to follow everything they do i.e. jumping, moving side to side, break dancing, etc. Then switch.

With Knee Tag, one person has to tag the other persons knee's 10 times before they tag yours 10 times. Watch that they are moving back and forth/side to side and not falling on the floor and just bending their back.

PROTECT THE HALLOWEEN TREATS-Defence, Movement

Partner up by a basket. One kid has a ball.

Explain that the player without the ball has their Halloween treats sitting in the Hoop and that they should do their best to stay between their Treats and the person on the other team who is trying to get them. Let them try it a few times to get the concept of staying between your opponent and the Basket.

VOLCANO'S AND VALLEY'S- Footwork, Dribbling

At your local Sports or Dollar Store (check the gym equipment room as well) you can get the small circular cones, with a hole in the middle.

Place them randomly in a large circle(s), half looking like Volcanoes and the other flipped on the Top small Hole for Valleys. If lots of kids use each half or quarter of the gym.

Each kid goes and stands over a Volcano or Valley. When coach says go, as fast as you can Volcano kids go and Flip over the Valleys and Valley kids flip over Volcano's. When coach says stop see who has the most Valley's or Volcano's

Once they are used to doing it without a Ball and if ready, try them with a Ball.

CAR RACE – Dribbling

While you have them in the same formation for Volcano's and Valley's each child has a ball. The outside of the circle is the track. When you say go, one player dribbles clockwise around the outside of the "Track" using their outside hand and at the same time the person behind them chases them while dribbling and tries to pass them before they get back to their original spots. Once they are finished the next two behind them go. Once all have gone, reverse it and they have to use the opposite outside hand and make sure each person has a chance to chase the Car/Dribbler.

Without racing you can also have them dribble in between the pylons(change hand dribbling).

WOLVES AND SHEEP- Dribbling, Movement

All kids with a Ball. Put 2-3 good ball handlers in Centre circle. Others evenly divided in each key area (Sheep's Pen). When the Coach hollers, "The Wolves are away", the Sheep can come out of their Pens and dribble around the outside of the Gym. When the Coach hollers, "The Wolves are home" the wolves can dribble out of the centre circle and try and tag a Sheep, while dribbling. If they tag any sheep before they get back in either Pen, they become wolves for the next Hunt.

PACMAN/PACLADY-Footwork, Dribbling

Without a Ball first, kids go stand on a particular coloured line anywhere in the gym (use a colour that has lots of lines and is throughout). When ready they can run around the gym, but have to be touching that colour line. If they run in to someone, they have to turn around and go the other way, staying in continuous movement. Once they get the hang of it, pick a PACMAN and PACLADY and distance themselves from them for the start.

When ready they then go and try and tag someone, but everyone has to stay on a line (they can jump to another line if the same colour). Tagged person becomes the PACMAN or PACLADY. Cannot Tag the person who tagged you right away.

After a couple of times, you could let them do it dribbling.

COPS AND ROBBERS-Footwork, Dribbling, Faking, Defence

Partner up kids of similar ability and have them face cross-court on a straight line.

One person is Robber trying to get away (moving back and forth, slow and fast) and the other is Cop trying to stay with Robber. After 30 seconds switch. Make sure they stay in a straight line for safety.

Once they get the hang of it, they can do it dribbling.

RAG TAG/CLOTHESPIN TAG- Footwork, Dribbling

Pin a Clothespin on each person's shirt or insert a Strip of cloth in the shorts with half sticking out.

For younger kids try without a Ball first and have them go around and try to collect as many pins or pieces of cloth, without losing theirs, as they can in a period of time. Then introduce the ball next session

Be aware not to run it too long as there is an elimination factor and also to use more than one group if you have a lot of kids so they have more room.

SHOOTING SKILL IDEA'S- Shooting/Ball handling

Chair Shot- Have them sit on the edge of a chair with ball at their chest a few feet from the basket. Step up and in one motion shoot the ball. Great for leg power in to the shot.

For older players a great way to have them practice their follow thru and extension is to shoot while staying in the chair. See how they now have to really exaggerate the follow through. Only do with older players who are strong enough ie. 10-11 year olds on 8.5 ft and 12+ on 10 ft.

Floor Shot- have them lay on the floor ,spread out ,with the ball in their hand resting on the middle of the chest. Extend the hand (or hands for 5-7 year olds) straight up and roll off the finger tips so it goes 3-5 feet above the extended arm. Look to have it go straight up with spin on the Ball and follow through. Then catch, bring back down and extend again. Great for follow thru, straight line shooting, and not shooting behind their head. Don't let them throw too high and spread out in case it hits another kid.

DODGE BALL- Footwork, Passing/Catching

Have players form a relatively tight circle and put one or two players in the middle. Using a "soft type" ball, players on the outside try and hit the players inside. If they hit a player, then exchange spots. Other players have to be ready to catch the ball and not let it get by them.

DODGEBALL WITH PINS- Movement, tracking, Ball handing/passing

Set up three pins at each baseline equally spaced, and place about 6-8 soft balls about the size of volleyballs at the half court line.

At the whistle, the two teams that are equally distributed on each half of the basketball court go for the balls and try to put out a player by hitting them below the waist. If you are hit above you are not out.

They are also trying to knock down the pins, if a player gets hit, they go to the side and in order to get back in the game one of the other players must hit the backboard of the other teams net.

Perhaps have them do a dribbling exercise on the sideline while waiting to get back in. If they hit the rim 2 players may be freed and if they score a hoop everyone that is out may enter back in! We did it with large and small groups. Also they must be aware that they have to protect the pins, as the team to successfully knock down all three pins wins !

BALLOON BALL- Dribbling with Head up and seeing the floor

Bring a bag of balloons to practice. Have each player dribble while keeping a balloon up in the air. The object is to keep dribbling without letting the balloon touch the floor.

There are several variations on this. They can work as a group – 4-5 kids in a circle all dribbling and sharing one balloon (good for beginners) or one balloon between two kids.

They can also keep the balloon up while dribbling only with their non dominant hand.

This is a great one to end practice with as they get to take a balloon home.

NEMO– Dribbling/ floor space awareness

Nemo needs to stay in the safe place (the reef) and so does the player. A coach stands in each key and is the seaweed. Their feet are planted but they can wave their arms. One player (or a younger sibling who comes to practice) stays in the jump circle at center court and is a crab. The “reef” is the area of the floor defined as a continuous line joining the outermost edge of both keys right up the floor. Players must dribble only in the reef but still get by the seaweed and the crab (the crab may move his/her feet) and take a shot at the other end. If they step out of the reef the other players (sharks) are able to take the ball. When the player is done he/she becomes a shark, working his/her way back up the floor.

A variation can be to have Nemo be able to make one pass to get out of trouble on the way by making a shark Dory(Coach)

BEAUTY AND THE BEAST– Floor space awareness/ passing

In Beauty and the Beast, love was the thing the Beast needed to turn back into a prince. In this drill, the players learn to respect the space of other players on the floor. Players who do not have the ball post up – in a beast like (making themselves B I G) stance ready to catch the ball. The person with the ball shows them some “love” and they turn and score BUT only if there is no one else in front of them. If someone on your team is closer to the hoop than you are, then you should pass them the ball... and free them from being a beast too.... And then you can tell them to show a little love in a basketball game and they will know what you mean.

SHAKE WHAT YOUR MOMMA GAVE YOU- Movement, Dribbling, Shooting, Passing

Put kids in evenly balanced lines on the baseline with one Ball per group. Opposite each line put a Hoola Hoop at Centre Court.

When coach says go, first player dribbles to Hoola-Hoop, puts Ball down, Swings Hoola Hoop around their hips(Shake it) 5 times, drops the hoop, grabs the ball and dribbles to the end hoop and takes one shot. They then dribble back and pass from a certain point to the next person in line. Everyone goes until all finished and winning team goes crazy. Remember to make lots of lines with fewer kids.

BASKETBALL OLYMPICS- go to Frenchie's and got some old clothes. Make 4-6 balanced teams and gave each of them a pile of clothes items 30 feet or so away from the hoop.

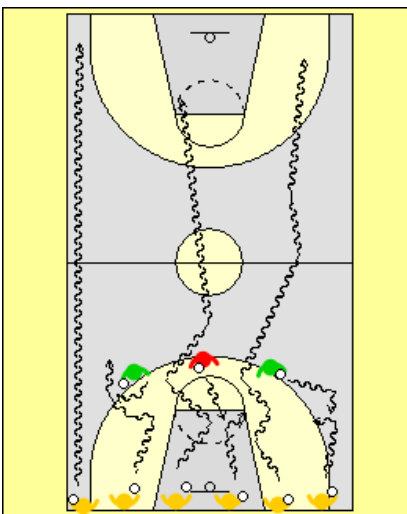
On the start first person has to put the clothes on as best they could(coach may need to help a bit), pick up the ball, dribble to the hoop , take a shot and dribble back across the line before the other kids. Your call on if they have to make the Shot before they can dribble back. Don't be afraid to get a pile of Clothes for the adults as well and have a parents team compete.

Mike MacKay - Manager of Coach Education and Development



Games for the Fundamental Stage of LTAD

Donnie Ehler from Nova Scotia was good enough to share these games with me. I have given credit to the coach in Nova Scotia who supplied the original idea to Donnie. I have added in a couple ideas on how to load the activities. I love the idea of incorporating a Christmas theme to the practice. This can also be used with other holidays.



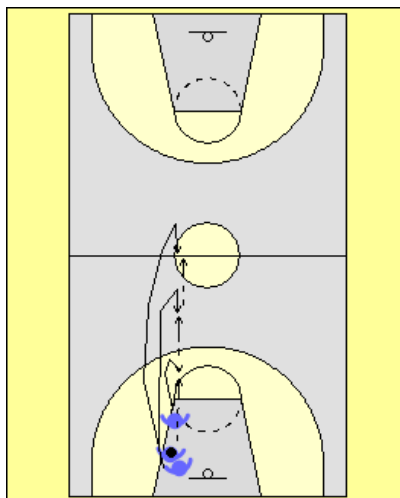
Run-a-way Reindeer

Have one person be Santa (he/she wears red pinnie or a Santa hat). Select two other players to be his/her elves (they wear green pinnies).

Note: you must decide how many elves to start with. It will depend on the abilities of your players, the amount of space and how long you want the game to last.

The others are the reindeer and line up on the baseline. When Santa says, “Merry Christmas” the reindeer must dribble to the other side of the gym without Santa or his/her elves catching them. Once the reindeer are caught they stand in a designated area (behind pylons, by the bleachers) and they have to do ball circles around their body (have a coach stand with them to show them what to do...try other drills as well....ball taps with fingers, ball circles around legs etc, but no dribbling...too loud with the game going on). The last person playing wins and Santa announces the winner is Rudolph! If time allows play, this twice and let Rudolph become the new Santa and select different elves to catch the reindeer.

Deanna Durnford, NS



Crocodile Passing

The objective is to teach passing and catching while progressing towards the Hoop. The floor is the water, which is filled with crocodiles who like to eat basketballs that hit the water.

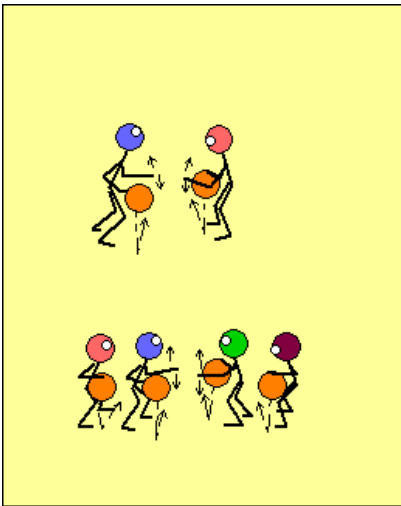
Spread out 2-3-4 players under a hoop with one Ball. The player with ball passes to someone and moves forward to an open spot. Whomever the ball was passed too needs to concentrate and catch the ball without it hitting the floor (crocodiles are waiting). They then pass to a different person and moves forward. Keep passing until everyone catches it at least once; get close to the other basket, and then someone shoots.

As that group reaches half way up the court, get another

group of 2-3-4 kids moving.

Brian Thompson, Cole Harbour NS

As the kids improve, you could load in stationary crocodiles. This could be children standing in hula-hoops or over top of pylons. The final load would be to have crocodiles that could move in a restricted space.



He's/ She's The Champ

Players partner up and play "Rock, Paper, Scissors"(Paper covers Rock, Scissors cut Paper, Rock crushes Scissors), while they are dribbling.

The person, who wins, hollers out "I'm the Champ" and the person who loses stands behind the person and hollers, "He's/She's the Champ". They move together and find another person who won and they play, with the two others standing behind and watching, all the while dribbling of course. Whoever wins again Hollers out "I'm the Champ" and now the other 3 people line up behind and holler, "He/She's the Champ".

You keep going until The Champ is finalized. Imagine 10 people lined up behind each of the two Champs vying for the Title and together saying "He's/She's the Champ.

Evolution

At another session, kids again partner up and play "Rock, Paper, Scissors". Everyone starts out as a Junior Baller and of course keep their dribble.

The person who wins gets to evolve into a High School Baller. The High School Baller moves to find someone else who is a High School Baller and the Junior Baller finds another Junior Baller to see if they can move up. Whoever wins the High School Baller play-off gets to become a University Baller and moves on to find another University Baller. Whoever wins between these two becomes an NBA Baller.

Therefore, you have kids running around dribbling trying to evolve into NBA Ballers

Keith Andrews, Kennetcook NS

Treasure Hunt Relay-Joe Mosher Steelers SNYB

Get 40 plastic cups ,must be a solid colour so that you can't see through them.

1. Set-up must be done when the kids are not watching (perhaps they can be doing a stationary dribbling drill, facing away from the coach setting up the cups, or they could be on a drink-break).
2. Have coaches scatter the 40 or so cups near the far end of the court (anywhere between the foul-line extended and the baseline). The cups should be **upside down** and spread across the entire width of the court (near the baseline).

3. Under 25 of the 40 cups, have the coaches place a Lego block (I use the larger lego - *Duplo*). In other words, 15 cups will have nothing under them, and 25 cups will have a piece of Lego under them.
4. Have the kids lined up at the far end of the gym (the end away far from the cups) in 4 or 6 teams depending on how many kids you have. Each line should have no more than 4 kids, if possible.
5. When the whistle is blown, the first kid in each line will quickly dribble the ball (weak hand, left-hand, right-hand, alternate hands, etc. - your call) to the opposite end of the court, and flip just **one** cup. If the cup has a piece of Lego, the player will put the cup back where it was (still upside down) and bring the Lego piece back to his or her team, while dribbling the ball with their free hand. If the cup does not have a piece of lego under it, the player simply puts the cup back where he or she found it (still upside down), and returns to their team empty-handed. The next player goes when the ball is **handed-off** to him or her. Long passes are not allowed.
6. After 3-4 minutes the coach will blow the whistle ending the game. Each team will show the coach their stack of Lego, and tell him or her how many pieces they've found. The team with the most Lego pieces wins the game (pieces should be stacked to make it easier to count - and put away).
7. Add-ons ... You could have 20 Pieces of one-colour Lego (blue, for example), and 5 pieces of another colour (red, for example). You could say that the red Lego is worth two, and the blue Lego is worth one. Also, make sure to play some good **music** while the kids are hunting for that Lego!

Remember to have **the kids** pick up all of the cups after the game!!!