

Week 2 - Competitive



Dribbling

10-Metre Dribble

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects

Instruction: In the 10-Metre Dribble, grab 2 cones and place them 10 meters (or 30- feet) apart. Start at one cone or object and dribble in your dominant hand to the next cone. The partner will mirror the athlete.

Scoring: 1 point is awarded for each 10 meter dribble completed in 45 seconds.

Shooting

Form Shooting - Week 2

Equipment: Basketball, 1 Cone or Small Stationary Object, Basketball Hoop

Instruction: Stand 2 metres or 6- feet away from the hoop. With your dominant hand AND guide hand, shoot 10 baskets. Partners will help retrieve and pass back the ball to the athlete.

Scoring: 1 point will be rewarded for each successful basket.

Passing

Bounce Pass

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects

Instruction: With 3 metres or 9 feet from the athlete to the partner, place 2 objects or cones on the floor. Athletes may take one step past the cone to give a bounce pass towards their partner.

Scoring: 1 point will be rewarded for each Athlete's bounce pass in 30 seconds.

Agility

3-Metre Shuffle

Equipment: Stopwatch, 3 Cones or Small Stationary Objects

Instruction: Place 3 objects in a triangle formation, spaced 4 metres (or 12-feet) apart from each other. Start at one object and run to the other object, touch the object and shuffle laterally to the next object. Finish by backpedaling to where the athlete started the drill. This is completing one full arch.

Scoring: 1 point will be rewarded for each arch completed in 45 seconds.

Week 2 - Recreation



Dribbling

10-Metre Dribble

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects

Instruction: Set up two cones or objects about 10 metres apart. Start at one cone and dribble the basketball in any way you like (try behind-the-back dribbles, crossovers, or fancy moves!) to the other cone. The partner will do the same, mirroring the athlete's moves or vice versa.

Passing

Bounce Pass

Equipment: Stop watch, Basketball, 2 Cones or Small Stationary Objects

Instruction: Athlete and partner will stand about 3 metres apart. Place two objects or cones on the ground as targets. Take turns giving bounce passes to each other, trying to hit the targets.

Shooting

Form Shooting - Week 2

Equipment: Basketball, 1 Cone or Small Stationary Object, Basketball Hoop

Instruction: Stand a comfortable distance away from the hoop (maybe around 2 metres). With both hands, aim to shoot the basketball into the hoop. Have fun trying different shooting techniques! Partners will help retrieve and pass back the ball to the athlete.

Agility

3-Meter Shuffle

Equipment: Stopwatch, 3 Cones or Small Stationary Objects

Instruction: With 3 metres or 9 feet from the athlete to the partner, place 2 objects or cones on the floor. Start at one of the objects in the triangle and then run to touch each of the other two objects in succession, touching each target. Partners will start, when partner has reached the first object then athlete will go.