



**BOOK OF GAMES**



**PEGAMES.org**





**PEGAMES.ORG is thrilled to have partnered with Canada Basketball to produce this first-ever Book of Games for the Steve Nash Youth Basketball Program.**

**As any follower of PEGAMES.ORG is well aware, the cornerstone in each and every one of our games is our dedication to keep the most kids active for the longest time possible. To this end, and because fundamental movement skills are such an essential component of any sport, this book gives coaches a valuable resource to supplement their practices by providing them with games that consistently keep kids smiling while they move and play with purpose.**

**The Steve Nash Youth Basketball: Book of Games is split into five sections: Fundamental Movement Games, Dribbling Games, Passing Games, Shooting Games and Cross-Sport Games, which together guarantee a fresh, fun and fast-paced basketball practice for all players. PEGAMES.ORG and Canada Basketball are very excited to introduce this new piece into the Steve Nash Youth Basketball Program; we are equally excited to offer a new gateway for kids to begin cultivating a lifelong love of sport.**

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# FUNDAMENTAL MOVEMENT



**Before kids can enjoy, succeed and excel at any sport, they need to learn fundamental movement skills appropriate to their stage of development. This means that the importance of basic skills such as agility, balance, coordination, and speed, as well as jumping, throwing and catching, need to be introduced and emphasized early to ensure kids have the basic building blocks to succeed in sport and achieve their full potential. With these principles in mind, our Fundamental Movement Games help players to foster an appreciation for physical activity and movement in their own right, so that they will be both excited and ready when the time comes to try executing sport-specific skills.**

# Partner Tag



## FUNDAMENTAL MOVEMENT

### Description:

- Have each player pick a partner.
- Have the partners find their own spot in the gym and stand right beside one another.
- Have the partners decide who is going to be partner A, and who is going to be partner B.
- When introducing this game for the first time, tell the players that they are only allowed to speed-walk (they will get to heads-up running once they've played the game a couple of times).
- Partner A's goal is to stay away from partner B for 10 seconds.
- Partner B's goal is to tag partner A before the 10 seconds runs out.
- When all partners are ready, call out: "Partner A, Go!"
- Wait approximately 3 seconds, and then call out: "Partner B, Go!"
- **Remind players to keep their eyes open and their heads up – and be sure to watch out for others!**
- If someone catches his or her partner, have both players immediately sit down so that they are less of an obstacle for others.
- You can play this game for points (one point for catching and one point for staying away), or you can just play 3 or 4 quick rounds to get your players warmed-up.
- At the end of each round, have the chaser and runner switch roles.
- Participants should only play this game at a running pace once they are familiar with how it is played.

### Variations:

- Speed walk.
- Running.
- Two foot hop.
- One foot hop.
- Bear crawl.

# Triple Threat



## FUNDAMENTAL MOVEMENT

### Description:

- Put players into groups of 3.
- As in the game of “Odd One Out”, players face one another and count off: “1, 2, 3,” before flashing either the #1 or #2 (using their fingers).
- If all three players flash the same number, then they immediately do it again.
- If two players flash the same number, and the other player flashes the other number, then the player who is the odd-man-out must take off and touch a pre-determined number of walls, without being tagged by either of the other two players.
- Rotate players and groups to keep the game fresh.

### Variations:

- Play for points, where escaping players get 1 point per wall, and the player in their group who is able to tag them can also get one point.
- Play for points, where the two players who originally picked the same number score one point if they EACH tag the escaping player before he or she tags the predetermined number of walls.
- When the escaping player is tagged, the tagger immediately takes on the escaping player’s role and heads out to try to tag the remaining number of walls before getting tagged him or herself. In this version, the game ends when one of the players successfully tags all of the predetermined walls without getting tagged first.

# Everybody is it Tag



## FUNDAMENTAL MOVEMENT

### Description:

- Just as the title suggests, everyone is “It” for this game.
- The object of the game is for players try to tag each other, without being tagged themselves.
- If a player is tagged, then he or she must immediately drop to one knee. These players are out of the game.
- If two players tag each other at the same time, the tags cancel each other out and neither player can re-tag the other for a 5 second count.
- Play this game in rounds of quick succession as a warm-up.

### Variations:

- Add balls to the game if or when your players are ready for dribbling.
- If two players tag each other at the same time, players play “Rock-Paper-Scissors” to see who is out.
- Shrink the play area as the game progresses to keep the action going.
- “Never Ending Tag”; when a player is tagged, all other players tagged by them are back in the game.

# Hot Dog Switch



## FUNDAMENTAL MOVEMENT

### Description:

- Have all players choose a partner and then lie down on their stomachs beside their partner so they are resting up on their elbows.
- Select 2 or 4 players to remain standing.
- Identify half of your standing players as “It” by having them carry (not wear) a coloured pinnie.
- The other standing players are “runners”.
- The object of this games is for the “Its” to catch “runners” and tag them.
- If a runner is tagged by an “It,” then the “It” immediately hands over the pinnie and becomes a “runner” - they switch roles.
- Players who have just been tagged cannot immediately re-tag the player who tagged them. They must instead allow a 5 second head start for the new “runner” to escape.
- If “runners” want to be safe, they can lie down beside an existing partner group on the ground. When this happens, the player NOT lying directly beside the new addition must stand up - they are now the new “runner”.
- This game should move quickly with lots of changes between “Its” and “runners”.

### Variations:

- If you find that there are too many players lying down for too long, then add more “Its” and/or more “runners” to the mix.
- Speed walk.
- Running.
- Two foot hop.
- One foot hop.
- Bear crawl.

### Equipment:

- Coloured pinnies.

# Fox in the Henhouse



## FUNDAMENTAL MOVEMENT

### Description:

- Identify 2 to 5 players and give each a coloured pinnie to mark them as “It”. These are the Foxes.
- **Remind the Foxes that the pinnies are used only to identify them, and they cannot be used to whip at other players.**
- All other players are the Chickens. They must stay away from the Foxes and avoid being tagged.
- The Foxes can only move around the gym by following the lines on the gym floor.
- The Chickens can only move around the gym by avoiding all of the lines on the gym floor.
- If a Fox tags a Chicken, the Chicken must sit down.
- A Chicken can save another Chicken, by gently tapping him or her on the head.
- Play this game in quick successions and have the Foxes trade frequently to change up the game dynamic.

### Variations:

- When a Chicken is tagged they must go into “plank position”.
- When a Chicken is tagged they become a “doorway”; standing on a line with their legs spread, so that Foxes must crawl through their legs. These players can still be saved.
- “Pacman Tag”; all players can only move around the gym by following the lines on the gym floor. When a player is tagged, they sit down on the line; these players become “roadblocks” and others cannot pass by them OR these players can be saved with a tap on their head.

### Equipment:

- Coloured pinnies.

# Evolution



## FUNDAMENTAL MOVEMENT

### Description:

- This game is an extension of Rock-Paper-Scissors.
- The goal is to evolve from Egg to Chicken to T-Rex to Human by winning games of R-P-S.
- All players begin the game as an Egg.
- Eggs must shuffle around crouched, with their hands on their knees.
- Chickens must walk around bent at the knees and hips, flapping their arms like chickens.
- T-Rex's walk upright and take big steps, keeping their hands close to their body like a T-Rex.
- Humans walk about normally.
- Players can only challenge other players to R-P-S if they are at the same “evolutionary level” as themselves (i.e. Eggs can only challenge Eggs, Chickens can only challenge Chickens, etc.).
- If a player wins a game of R-P-S, they evolve up one stage. If a player loses, they devolve down one stage. The lowest a player can be is an Egg, the highest a player can be is a Human.

### Variations:

- Coaches are encouraged to come up with their own evolutionary stages, ideally incorporating new movement skills into each stage.

# Spider's Web



## FUNDAMENTAL MOVEMENT

### Description:

- Give 2 to 5 players each a coloured pinnie to identify them as “Its.” Pinnies are to be carried and not worn.
- **Remind the “Its” not to whip their pinnies to tag others.**
- The “Its” are the spiders.
- All other players are the flies.
- A spider can tag a fly in any of two ways:
  - A) They can throw a web (pinnie) and touch a fly.
  - B) They can tag a fly with their free hand, the one not holding the pinnie.
- When a fly is tagged by a spider, the fly turns into a spider and runs to get a coloured pinnie.
- The last fly or flies remaining are the winners and get to start the next round as the spiders.
- Play this game in quick successions. You will quickly determine the ideal number of spiders to start a game.

### Variations:

- Add a ball for flies; when tagged, flies will put away their ball and grab a pinnie.
- Two foot hop.
- Skipping.
- Bear crawl.

### Equipment:

- Coloured pinnies.

# Dog Catcher



## FUNDAMENTAL MOVEMENT

### Description:

- Select 2 to 5 players to be the “Dog Catchers” and have them stand inside the center circle each holding a pinnie.
- **Remind the “Dog Catchers” not to whip their pinnies to tag others.**
- All other players are the “Dogs”.
- “Dogs” must choose one of the 4 corner basket keys, placing both feet in the paint.
- When the whistle is blown, the “Dogs” try to get to a new key without being tagged by a “Dog Catcher.” At the same whistle, the “Dog Catchers” can leave the center circle and try to tag ONE “Dog” before they make it to a new key.
- A “Dog” is safe once he or she reaches a key.
- If a “Dog Catcher” tags a “Dog,” then they switch roles for the next round (i.e. the “Dog” takes the pinnie, becomes a “Dog Catcher,” and heads to the center circle, while the “Dog Catcher” becomes a “Dog” and heads to a key).
- **Remind players not to stay too close to the walls while running as there could be someone else coming from the other direction.**
- When first playing this game, allow “Dogs” to try for any key they want when the whistle blows.

### Variations:

- As they get better, tell them that they are only allowed to switch into a key that is on the far side of the gym (lengthwise) as opposed to the close side of the gym (widthwise).
- You can play this game for points with a point awarded for each successful corner switch by a “Dog.” You can also have “Dogs” lose all of their points if they are caught and turned into a “Dog Catcher.”
- For younger players, have everyone “bark like a dog” while they are running to a new key.

### Equipment:

- Coloured pinnies.

# R.P.S. Chase



## FUNDAMENTAL MOVEMENT

### Description:

- Have each player find a partner and face this partner across the center line in the gym.
- Have the partners play Rock, Paper, Scissors (R.P.S.) to determine a winner and loser.
- Identify a predetermined line, at either end of the gym, that will be the safe line.
- The loser must turn and run to the safe line, crossing this line before being tagged by his or her partner.
- The winner must try and tag the loser before they make it across the safe line.
- If the loser escapes, then he or she receives a point.
- If the winner tags the loser, then the winner receives the point – in this way there is a point awarded each round.
- Every 60-90 seconds blow the whistle and have the players switch partners.
- Players are allowed to keep their points for a cumulative total at the end.

### Variations:

- When your players get really good at this, you can add basketballs, so they have to dribble to escape and dribble to chase.
- “Team RPS Chase”; Divide players into two teams. Each round, teams will collectively choose Rock, Paper or Scissors and execute as a group. The losing team must escape to their safe line, with the winning team trying to tag them. Tagged players will join the winning team for the following round.

# Dog, Cat, Chicken



## FUNDAMENTAL MOVEMENT

### Description:

- Have all of the players line up beside one another along the end line of the gym.
- Place one player in the middle of the gym. They are the “Wolf”.
- Ask every other player to decide in their own mind and without telling anyone else, if they are a dog, a cat or a chicken.
- Whatever animal they pick, they **MUST** stay that animal for the duration of the game, unless they get tagged by the wolf.
- Once everyone has decided, call out **ONE** of the 3 animals.
- Anyone who has picked that animal must now try to get to the other side of the gym without getting tagged by the wolf.
- Any player who is tagged becomes a wolf.
- All wolves must return to the center circle before the coach calls out the next animal.
- Play this game in quick successions and allow the last animal(s) standing to be the first wolf/wolves for the next round.

### Variations:

- Optionally, randomly assign players their animal (dog, cat, or chicken), keeping a somewhat balanced ratio.
- For younger players, have them mimic the sound of their animal (howl, bark, meow, or cluck) during the game.
- Two foot hops.
- Skipping.
- Bear crawl.

# Skydive Tag



## FUNDAMENTAL MOVEMENT

### Description:

- Select 2 to 5 players to be “It,” and give them each a pinnie in one of the colours to carry.
- Give all other players pinnies in the other colour to carry.
- If players are tagged by an “It,” then they must lie down on their stomach with their legs and arms outstretched up off the ground and place their pinnie on their back – think of a skydiver!
- To be saved, the frozen players, or skydivers, must have someone stop and pull their parachute. To do this, standing players must grab the pinnie off of the back of the frozen player and throw it as high as they can into the air. The player on the ground must then quickly catch the pinnie before it hits the ground.
- If frozen players catch the pinnie before it hits the ground, then they stand up and are back in the game.
- If the pinnie touches the ground before frozen players can turn and catch it, then they remain frozen.
- Even if players are in the process of saving someone, they can be tagged.
- Change the “Its” often to keep the game fresh and exciting.

### Variations:

- As the players improve at this game, make them catch the pinnies with different body parts to be freed (i.e. weak hand, foot, head...etc.).

### Equipment:

- 2 different colours of pinnies.

# Volcanoes and Valleys



## FUNDAMENTAL MOVEMENT

### Description:

- Randomly place cones around the gym so that half look like volcanoes (point up) and half look like valleys (point down).
- Divide players into two teams. One team assigned valleys, and one team assigned volcanoes.
- On the coach's whistle, players run around the gym and flip over as many cones as possible. Valley players want to flip volcanoes (to make valleys). Volcano players want to flip valleys (to make volcanoes).
- Play for a short period of time (approximately 1 minute) before totaling the volcanoes and valleys. The team with the most wins the round.

### Variations:

- When players become comfortable with the game, have all players dribble a basketball while flipping cones.

### Equipment:

- Cones.

# Predator/Prey



## FUNDAMENTAL MOVEMENT

### Description:

- Have all players line up behind one another anywhere in the gym to determine an order.
- Once the players are in line, they CAN NOT change their position in the line.
- The object of this game is to catch the person who is immediately in front of you without being caught yourself by the person behind you.
- Once every player in line knows who they are chasing, tell them that the game will start in 10 seconds. At this point, players can go wherever they want in the gym (they are no longer in line), and once the coach gets to 0, the game begins.
- The most important part of this game is that if someone gets caught they must drop to one knee and IMMEDIATELY say the name of the person that THEY are chasing to the person who just tagged them. This means that the person who JUST TAGGED THEM is now chasing the next person in line. There is a learning curve here, but after 2 or 3 games, the players will understand how quickly this game needs to move.
- Play this game in rapid successions, having the players line up after each round.

### Variations:

- Once your players are experts, add balls to the mix to increase the difficulty level.

# Foot Ball



## FUNDAMENTAL MOVEMENT

### Description:

- Give 2 to 4 players each a pinnie to carry not wear - identifying them as “Its.”
- Give half of the remaining players basketballs.
- The other half of the remaining players receive nothing.
- If players with a ball are tagged, they must lie down on their back, place their ball between their feet, and hold it up in the air.
- For these players to be saved, a player WITHOUT a ball must come and take their ball away from them.
- If players without a ball are tagged, they must lie down on their back and stick their feet up in the air.
- For these players to be saved, a player WITH a ball must come and place it between the feet of the player who is lying down.
- Players can be tagged when they are saving someone.
- Change the “Its” often to keep the game dynamic.

### Equipment:

- Coloured pinnies.
- Basketballs.

# The Champ



## FUNDAMENTAL MOVEMENT

### Description:

- Have players find a partner and space out among the gym.
- Partners play a game of Rock-Paper-Scissors. The loser yells “HE’S / SHE’S THE CHAMP”, and becomes the winner’s cheering section, following them around. The winner yells “I’M THE CHAMP”, and looks for another winner to play.
- The game continues, which each loser joining the cheering section of the player they lost to.
- Eventually the game will conclude with two players facing off in R-P-S, each with their own gigantic cheering section.
- Play multiple rounds in quick succession to raise the energy levels for players.

### Variations:

- Have players dribble their balls throughout the entire game.

# DRIBBLING



**The purpose of dribbling in basketball is to enable players to move the ball at varying speeds, so we have tailored our games to ensure players get as much dribbling practice as possible. Games in this section provide players with plenty of opportunity to improve, their dribbling in a variety of game-like scenarios and situations. Feel free to modify any game, or game element, to ensure the maximum success and participation of each and every one of your players. Successful dribbling is the essence of movement in basketball, players can never have too much practice – or too much fun!**

# Dribble Survivor



## DRIBBLING

### Description:

- Set clear boundaries with out of bounds (e.g. the main basketball court in a standard gym).
- Every player will start with a ball except for a certain number of “Its”.
- The “Its” attempt to steal the balls, or knock them out of play. If they do they earn possession of the ball, and the player they stole from is now “It”.
- The goal for players is to learn to improve their ball handling and protect the ball with their bodies.

### Variations:

- Have players only use their non-dominant hands to dribble (except for cross-overs).
- For an elimination round, start everyone with a ball; everyone attempts to knock everyone else’s ball out of bounds while keeping possession of their own ball. When a player loses their ball out of bounds, they are “out”. Shrink the play area as players are eliminated to keep the action going.

### Equipment:

- A team set of basketballs.

# Basket Wall Ball



## DRIBBLING

### Description:

- Have players pick a partner and give one basketball to each group of 2.
- Each player is competing against his or her partner.
- The object of this game is to either score or hit the rim/backboard.
- If players hit the rim and/or backboard, then they receive 1 point.
- If players score a basket, then they receive 2 points.
- One player starts with the ball and tries to dribble towards any hoop in the gym, while their partner defends them.
- If players lose their dribble, this is a turnover - they must hand the ball over to their partner. At this point partners have now reversed roles, switching from offense to defense.
- Initially have players only attempting shots from the key (paint area) of any given basket.
- If players shoot and receive either 1 or 2 points, the ball is turned over to their partner, and the game resumes once they start to dribble.
- Once you've shot at a basket – scoring a point or not - neither you nor your partner can shoot at that particular basket again until either you or your partner has shot at at least one other baskets.
- If a shot doesn't hit anything (rim or backboard), the ball is still live and either player can get the rebound. Whichever partner gets the rebound starts on offense.
- Play until a predetermined number of points are reached or until a specified amount of time has elapsed.
- Change partners often to keep the game fresh.

### Variations:

- If a shot doesn't hit anything (rim or backboard) then this is a turnover. The partner defending the shot gets the ball and is now on offense.
- Increase the distance of shot allowed to “within the 3-point arch”.

### Equipment:

- 1 basketball per group of two.

# Roller Derby



## DRIBBLING

### Description:

- Set up 4 cones (or use lines in the gym) to represent a “track” taking up the bulk of the gym. Try to set up the cones equidistance apart, in the shape of a diamond.
- Divide players into 2 or 4 teams. If possible, have each team wear a different coloured pinnie.
- Assign each team to a corner of the track with a ball.
- **Be sure to give enough space from walls for players to dribble around the track safely. Also, have players that are not racing provide enough space on the sides of the track for players who are racing.**
- One player from each team will be dribbling around the track at a time. When they complete their lap, they pass off the ball to the next player from their team (as in a relay race).
- The goal of the game is to pass as many other players as possible, while being the first team to complete the track.
- 1 point is awarded for passing another player. 5 points is awarded for being the first team to complete the track.
- After every round, switch the direction of the track.

### Variations:

- Incorporate different dribbling skills into the race, such as dribbling with the non-dominant hand, or making crossover moves at each pylon.
- Go for a period of time, continuing to rotate through players (instead of playing until one team is finished). The team with the most “passes” (and/or total laps) will win.

### Equipment:

- 4 cones.
- A team set of basketballs.
- Coloured pinnies.

# Opposite Game



## DRIBBLING

### Description:

- Give all players a basketball and have them stand beside one another anywhere on the end line.
- This is the Opposite Game. Instruct players that when you say:
- Go - They need to dribble on the spot.
- Stop – They need to dribble quickly forward.
- Pivot – They need to stop and get into the triple-threat position.
- Triple – They need to stop and pivot.
- Have players move from one end of the gym and back to establish a winner, or just go back and forth as many times as you want and see who makes the fewest mistakes.

### Variations:

- Depending on the ability level of your players, you can add more paired opposites to increase the difficulty level.
- To simplify things for younger players, play “Red Light, Green Light” (without the opposites).

### Equipment:

- 1 basketball per player.

# Capture the Ball



## DRIBBLING

### Description:

- This game is an adapted capture-the-flag with a basketball twist.
- Divide players into two teams, each on one side of the gym.
- Give each team a number of basketballs to place behind their baseline (or equivalent line).
- The goal of the game is to steal the opposing team's basketballs. When a player steals a basketball, they must DRIBBLE it back to their own side.
- Teams can defend these basketballs by tagging opposing players in their own half, whether they have a basketball or not. When a player is tagged, he or she walks to their own side with their hands on their head.
- **Remind players to keep their heads up, especially when dribbling, so as not to run into any other players.**
- If a player makes it behind the opposing team's baseline (or equivalent line) they are safe and cannot be tagged until they re-enter the play area.
- **Remind players to be careful when approaching the safe area, so as not to run into the walls. If necessary, adjust the safe line to allow for an appropriate distance between the safe line and the wall.**
- When a ball is successfully stolen by a team (dribbled to their own half), it is placed behind their baseline with the rest of their basketballs.
- The first team with all the basketballs wins the game.

### Variations:

- Change the number of basketballs to make the game last longer (or shorter).
- Change the location of the basketballs to keep the game fresh. Place them in each team's key, or use hula hoops to spread them around the gym.
- Play timed lightning rounds; the team with the most basketballs at the end of the time wins the round.

### Equipment:

- 1 basketball per player.

# PASSING



**Passing and receiving the basketball are two fundamental aspects of offensive basketball that must be worked on so players can learn to share the basketball and play as a team. The purpose of successful passing is to move the ball up the court quickly, or to move the ball into an area to improve scoring opportunities for teammates. As every pass requires both a good passer and a good receiver, the games in this section have been created to give players as much practice passing and receiving the ball in various game-like scenarios and situations as possible. These passing games are also a great way to foster team spirit and unity. Successful passes and receptions can only serve to improve our players' success in, and enjoyment of, the game of basketball.**

# SPUD



## PASSING

### Description:

- Have all players form a circle in the gym.
- Place one player in the center of the circle(s) and give him or her the ball.
- The player in the center must call the name of someone else from the circle and then IMMEDIATELY throw the ball as high in the air as he or she can.
- If the ball IS caught inside the center circle by the player whose name was called, then that player calls out a new name, and throws the ball in the air.
- If the ball lands inside the center circle and is NOT caught by the person whose name was called, all other players have 2 seconds to sprint as far away as they can from the player who failed to catch the ball.
- After 2 seconds, the coach blows the whistle and all players must FREEZE.
- The player who failed to catch the ball now has a SPUD round. They have 10 seconds to pass with as many other frozen players as possible.
- After their 10 seconds, they throw the ball up, call a name, and the game continues.
- If the ball lands outside the center circle, regardless of how large, then the person who threw the ball has a SPUD round.
- If your players never drop the ball, keep expanding the circle until the game provides a real challenge.

### Variations:

- If you have a large number of players, make a couple of circles.
- Have players keep track of their highest SPUD score for the game, though ideally players do not want a SPUD score at all.
- When players get the hang of the game, have them jog around the main court (instead of standing in a circle).

### Equipment:

- 1 basketball.

# Chuck the Chicken



## PASSING

### Description:

- Split the players into 2 even teams. Have one team line up along the length of the gym, with players standing one behind the other with the line reaching from one baseline to the other.
- Give the basketball to the player at the end of this line. Tell all players in the line that they have lost their dribble; therefore, all they can do is pivot.
- Have the other team start with their hands all touching the SAME wall of the gym (it can be any ONE of the 4 walls).
- On the coach's whistle, the player with the basketball passes to the next person in line. Once this player catches the ball, they can pivot and pass to the next person in line, and so on.
- While one team passes the basketball in this manner, the other team - operating as a unit - must run to touch as many walls as they can before the basketball reaches the other end of that line.
- The team running to touch the walls can only leave a wall and move on to the next once ALL of their team members have BOTH HANDS on that wall.
- Each time a team touches a wall, that team gets a point.
- The team touching the walls must contact all 4 walls before they can return to the first wall that they touched.
- When the team passing the ball gets the ball to the front of the line, the player in the front yells "Chuck the Chicken!" and tosses the ball wherever they want in the gym - **being careful not to throw it at the players racing to touch the walls.**
- At this point, the teams switch roles. The team that had been passing the ball starts to touch the walls to gather points. The team that had been touching the walls runs over to the ball, forms a line, and starts passing the ball from one baseline to the other.
- Coaches may wish to monitor the running team, blowing a whistle to signify each point scored (by each wall touched).
- Play to a predetermined number of points, and mix the teams up with each new round to keep the dynamic fresh, fast and fun!

### Equipment:

- 1 basketball.

# Pattern Passing



## PASSING

### Description:

- Have players pick a partner and then stand at opposite ends of the gym facing each other. Give one partner a basketball.
- Having decided beforehand what kind of passing you would like to work on, inform the players of the potential passes that will be used in the game (e.g. chest pass, bounce pass, one-hand push pass, rugby pass, or baseball pass).
- Announce a particular pattern of passes and then blow the whistle. Partners run to the middle of the gym, complete the pattern, and run back to their end of the gym.
- **Remember to have players run to an end line, rather than a wall, to avoid potential injuries.**
- Have the players switch partners often.

### Variations:

- You can have the player with the basketball dribble up to the center, or you can require the players to pass a certain line before they start their pattern (such as the foul line at the top of the key).
- If your group is competitive, tell them that the last pair to get back to their end of the gym, will be eliminated.
- “Poker Passing”. Use a deck of playing cards. Each suit represents a TYPE of pass, while each card value represents the NUMBER of passes. Have players spaced out in the gym with their partner and a ball. The partner without the ball runs to retrieve a card from the coach. Partners complete the specified number of passes, then retrieve a new card. Groups attempt to collect as many cards as possible.

### Equipment:

- 1 basketball per group of 2.

# Castle Battle



## PASSING

### Description:

- Divide players into 4 teams, assigning each team a basket. If possible, have each team wear a different coloured pinnie.
- Place the balls in the middle of the gym. There should be approximately 1 ball for every 2 players.
- Players are not allowed to dribble with the ball; to move the ball around the gym, teams must pass with their teammates.
- The object of the game is to score on other team's baskets (castles) while protecting your own.
- Teams will come up with their own strategies to find a balance between offense and defense. All the regular offensive and defensive basketball rules apply.

### Variations:

- Divide the balls evenly between teams to begin the game.
- Coaches may track baskets scored BY a team (having players who score run up to tell them when they have done so) to emphasize offensive principles.
- Coaches may track baskets scored AGAINST a team (noting when points are scored at each hoop) to emphasize defensive principles.

### Equipment:

- A team set of basketballs.
- Coloured pinnies.

# Fast Pass



## PASSING

### Description:

- Depending on your numbers, split your players into either 2 or 4 even teams.
- Have each team line up, spread out on a baseline underneath a hoop.
- Place one ball per team inside the center circle of the gym. You can use a hula hoop, cone, pinnie, etc. to hold the ball in place.
- Give each player on a team a number, with four teams on the floor for example, you will actually have four number 1's.
- When you call out a number, all of the players who have been assigned that number race out, pick up a ball, and race back to their team.
- Once back at their team, they must pass the ball with each member of their team. This continues as they move down the line of players on their team. Make sure that your players are passing, not handing, the ball back and forth.
- The player must race back to be the first person to place his or her ball back inside the center circle.
- The player who first sets his or her ball inside the center circle wins a point for his or her team.
- Play up to a specific number of points or until everyone has had a couple of turns.
- Mix up teams often to change the dynamics of the game.

### Variations:

- Add dribbling to increase the challenge.
- Once all team members have completed a pass with the person whose number was called, this person must take the ball and score a basket.
- Set a minimum distance (e.g. the free-throw line extended) for players to pass to their teammates from.

### Equipment:

- 1 basketball per team.

# SHOOTING



**Shooting is a key basketball skill that is learned through repetition of proper techniques. With this in mind, our shooting games have been developed to give each player an opportunity to practice and improve their shooting technique in a variety of game-like situations and scenarios. From practicing repetitively in a fun setting to learning to shoot under pressure, the games in this section will help your players develop the skills and understanding that they'll need to succeed when shooting. Feel free to modify any game or game element to ensure maximum practice and participation for everyone.**

# Spot Shots



## SHOOTING

### Description:

- Depending on your numbers, select 3 to 5 players to be “It” and identify them as such by having them wear a coloured pinnie.
- Set one cone out in front of each hoop at varying distances.
- Have each player, including the “Its”, get a basketball.
- The object of this game is to avoid being tagged by the “Its” while dribbling around the gym.
- Players tagged by an “It” must immediately dribble over to a cone, stand beside it, and attempt to score in the corresponding hoop. They only get one shot. If they miss their shot, they must hold their ball high over their head and immediately run to another cone at another hoop to try to score.
- The reason for running with the ball held over their head is to show the “Its” that they are proceeding to another hoop to try and score; this will guarantee that they do not get tagged repeatedly while they move from hoop to hoop.
- The minute a player scores, he or she is back in the game.
- Switch “Its” often to keep the game fast, fresh and exciting.

### Variations:

- Players attempting to rejoin the game cannot retry a hoop until they have visited all other hoops.

### Equipment:

- 1 basketball per person.
- 3-6 cones.
- 3-5 pinnies.

# Knockout

## SHOOTING



### Description:

- This is essentially “Bump”, without the actual bumping of balls.
- Players line up at a hoop at a specified line (e.g. the free-throw line).
- The first two players in line start with a ball.
- The first player shoots, and if they miss continue to shoot until they score a basket.
- Once the first player shoots, the second player takes their turn.
- As players score, they pass their ball to the next person in line and join the back of the line.
- If a player scores before the player in front of them, the player who shot first is “out”. Both players return their balls to the next players in line. The player who scored joins the back of the line.

### Variations:

- For a never-ending game, have games going at multiple hoops. Assign each hoop a “level” (e.g. NBA, College, High School, and Elementary School). When a player knocks someone else out, they graduate up a level. When a player is knocked out, they graduate down a level (you can’t get “knocked out” any lower than e.g. Elementary School). The goal is to be at the highest “level” (e.g. NBA) for as long as possible.

### Equipment:

- 1 basketball per person.

# Octopus Shots



## SHOOTING

### Description:

- Select 4 to 6 players to be the Octopi and have them spread out in the gym at different baskets.
- Have all other players get a ball and line up beside one another along the end line.
- When the Octopi players yell “Octopus!”, all the other players have 30 seconds to score one basket, on any hoop, and make it back to the end line.
- The Octopus’s only job is to wave his or her arms around and try to make it difficult for the players to score a hoop. Octopi are not allowed to block shots. Encourage the Octopi to be goofy as they wave their arms and run around.
- At the end of 30 seconds, players who have not scored a basket must put their ball away and join the Octopi. If 30 seconds is too long, shorten the time to increase the intensity.
- Re-start the game often, and always start with a different Octopus in the middle to keep the game fresh and fun.

### Equipment:

- 1 basketball per player.

# Shoot to Save



## SHOOTING

### Description:

- Give 3 to 5 students each a pinnie and have them hold (not wear) the pinnie to identify them as “Its”.
- Give all players, including the “Its”, a ball.
- The object of this game is to avoid being tagged by an “It”.
- All players start dribbling anywhere in the gym, trying to keep from being tagged by the “Its.”
- If an “It” tags a player, then this player must immediately run underneath a hoop, put his or her back against the wall, and hold the ball up over his or her head.
- To be freed, a player frozen beneath a hoop must have his or her hoop scored on by a player who is still in the game.
- Change “Its” often to keep the game fast and fresh.

### Variations:

- If too many players are consistently stuck under hoops, cut down on the number of “Its.”
- If a player shoots and misses a hoop, then it can be a rule that they must visit another hoop to shoot before they return to the hoop where they just missed.
- You could either have players be safe when they are in the process of saving someone, or allow them to be fair-game.

### Equipment:

- 1 basketball per person.
- 3-5 pinnies.

# Around the World



## SHOOTING

### Description:

- Divide players into small groups, assigning each to a basket. One basketball per group.
- Assign 7 spots from which players will shoot (e.g. 3 going up each side of the key, with 1 at the free-throw line).
- All players initially start from the same spot nearest the hoop. Players take turns shooting.
- When a player makes a shot, they move to the next spot and continue until they miss.
- When a player misses a shot they may “Double Up” with an additional shot. If they make their “Double Up”, they continue their turn as normal. If they miss their “Double Up”, they must start again from the first spot at the beginning of their next turn. Players only get 1 “Double Up” per turn.
- The goal of the game is to make it all the way around the world first.

### Variations:

- Allow a “Double Up” for every missed shot.
- Adjust the number (and location) of spots to mix up the game and keep things challenging.
- Have players play around the world, AND BACK.

### Equipment:

- 1 basketball per group.

# Cross-Sport



**Because specializing in a sport too early can really limit a child's potential, we have created the games in this section, merging basketball with other sports, to demonstrate the benefit of crossover skills in a wide variety of sports. Use these games as rewards at the end of practice, or for a fun, wrap-up tournament at the end of your season, to help remind players the benefits of trying as many different sports as possible!**

# Basketball-Golf



## CROSS-SPORT

### Description:

- Have players pick a partner and get a ball.
- Have all players start inside the center circle of the gym.
- Tell them that everyone has lost their dribble and can only pivot.
- Partners without the ball can move wherever they'd like in the gym and prepare to receive a pass.
- The object is to pass the ball with your partner in order to get as close to a hoop as possible before shooting.
- For this game, a golf "Hole" is a hoop.
- Tell them that they have 2 minutes to score as many holes as they can.
- On your whistle, start your watch or check the clock, and allow all players to head out onto the course (the gym).
- **Tell them that multiple players may be shooting at multiple holes at the same time, so they need to keep their eyes open and heads up.**
- If players shoot at a hole and score, then they've succeeded on that hole and can move onto the next one.
- If players shoot at a hole and miss, then the partners must still head on to another hole. However, they must return to the hole that they missed to try again.
- Any group that manages to do all holes and make it back to the center circle before the time expires has set a course record.
- Switch partners often and have players try to beat the course record!

### Variations:

- Have players track their total number of passes, and aim to complete the course (score in every basket) in as few passes as possible.

### Equipment:

- 1 basketball per group of 2.

# Dodgeball-Basketball



## CROSS-SPORT

### Description:

- This is a regular game of dodgeball, with a twist.
- Divide players into two teams, assigning each a half of the gym. Place the dodgeballs along the center line (the center court line of the main court). Note that there are no basketballs in this game – only dodgeballs.
- Teams must start with a hand on their own wall. The coach will blow the whistle to start the game.
- A player is “out” if they are hit below the shoulders with a dodgeball.
- **Remind your players that “headshots” are strictly forbidden. Coaches should deal with “intentional headshots”, as well as throwing with an intent to harm, as they see fit.**
- When a player is “out” they run AROUND the gym to the opposite baseline from their team. From here they can pass loose balls (that go BEHIND the baseline only) back to their team.
- At any time, a player who is in the game (not “out”) can shoot a dodgeball on any one of the baskets on the opposite side of the court (i.e. they cannot shoot on baskets in their own half). If they score a basket, everyone from their team who is “out” is now back in the game. Opposing players can use dodgeballs to “defend” these shots.

### Variations:

- Coaches are encouraged to incorporate this basketball modification into their own versions of dodgeball.
- To keep the game going, yell “JAILBREAK” to have everyone who is “out” come back into the game.

### Equipment:

- A team set of dodgeballs.

# Ultimate-Basketball



## CROSS-SPORT

### Description:

- This game is played just like Ultimate Frisbee, except with a basketball.
- Divide players into two teams, starting on opposite baselines. If you have a large group, make four teams and have two games going at once.
- Mark an “endzone” at each end of the court, allowing for a safe distance between the “endzone” and the wall. If there is not an appropriate line on the gym floor, use cones.
- The object of the game is to score a point by passing the ball into the opposing team’s “endzone”.
- Players cannot dribble the ball, and must pass it down the court.
- Dropping the ball, or dribbling, is a turnover and possession changes.
- When defending, players must give an “arms-length bubble” of space to the offense.
- When a player catches the ball with BOTH feet in the opposing “endzone” a point is scored. The defending team walks back to the opposite “endzone” (teams switch sides after every point).

### Variations:

- Add a 5 second limit to passes; defenders can call out “5 steamboats” when guarding a player with the ball. If the ball is not passed within “5 steamboats” then it is a turnover.
- For advanced groups, stipulate that each player on the team must receive a pass before the team can score.

### Equipment:

- 1 basketball per group.

# Baseball-Basketball



## CROSS-SPORT

### Description:

- This is a modified game of baseball used to emphasize basketball passing skills.
- Divide players into two teams. One team will start on offense “at bat”, lined up at one baseline. The “batter” will stand just below the hoop at that baseline.
- The other team will start on defense “in the field”. One player will act as the “pitcher”, starting at the top of the key (or 3-point line). The rest of the team will be spaced out in the gym.
- Use four cones to mark the bases, taking up the bulk of the gym space. Appropriate spacing will depend on the ages and skill levels of players.
- Batters take turns (there are no outs) and do not stay on as runners. Once their turn is over they get out of the play area for the next batter’s turn.
- To start a play, the pitcher will chest-pass to the batter. The batter will then throw the ball UNDERHAND into an open area of the court.
- **Ensure players throw underhand, and not to intentionally aim at other players.**
- The team on defense must retrieve the ball and make a pass to EACH player in the field, finishing at the pitcher.
- While the defense is passing the ball, the batter runs as many bases as possible. Once the ball is back to the pitcher, they must stop running.
- Each base passed is a point. (i.e. getting to second base is 2 points, getting to home plate is 4 points). Batters can make multiple trips around the bases if possible (i.e. getting to first base the second time is 5 points).
- Once every player on offense has had a turn to bat, switch the roles of the teams.

### Variations:

- Change the pass types the defense has to make (i.e. only bounce passes).

### Equipment:

- 1 basketball.

# Basketball-Olympics



## CROSS-SPORT

### Description:

- This will be a basketball themed obstacle course. We encourage coaches to design their own based on the equipment they have available and the skills their players need to work on.
- Make the obstacle course as crazy and silly as possible – remember the goal is to have fun while learning basketball skills!
- It is suggested that there is a component covering:
  - Fundamental movement skills.
  - Dribbling skills.
  - Shooting skills.
  - Passing skills.



Created By: David and Geordie Helm