
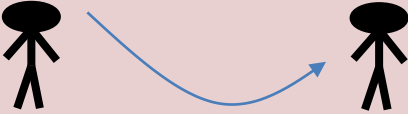
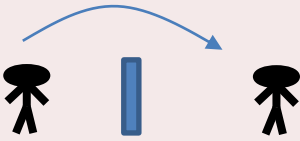


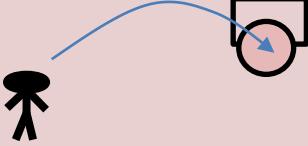
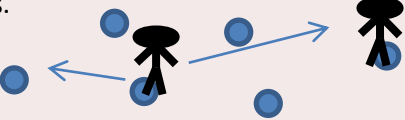


Basketball Skills Circuit

“THE **TEAM** THAT WORKS THE HARDEST WILL PROBABLY WIN”

	Attempt 1	Attempt 2	Attempt 3
1. Dribbling around cones			
1. Bounce pass			
1. Overhead pass			
1. Chest pass			
1. Dribbling quickly			
1. Shooting			
1. Team passing			
1. Observation			

Basketball Skills Circuit

Dribbling around cones	<p>Teams line up both sides of the cones and dribble from one side to the other before passing to their team mate.</p> 
Bounce pass	<p>Children stand in a square/circle and must bounce pass the ball to each other. 1 point per pass.</p> 
Overhead pass	<p>Teams stand with half either side of a barrier or net and must pass the ball over the top, back and forth to each other. 1 point per pass.</p> 
Chest pass	<p>Children stand inside the area and must chest pass the ball to each other. 1 point per pass.</p> 
Dribbling quickly	<p>Children stand either side of the space and dribble the ball straight across before passing to the next player. 1 point per run.</p> 
Shooting	<p>Each player in the team has a ball and the team see how many baskets they can score. 1 point per basket.</p> 
Team passing	<p>Inside the area each player must stand on a spot. The first player passes the ball and must then run to a new spot before they can receive the ball again. 1 point per pass.</p> 
Observation	<p>The whole team watches how other teams play each challenge and see if they can improve their own performance with new ideas.</p> 