

RED

Equipment needed:

- 3 bibs
- 1 ball

3v3 Possession Game

In your red area play a 3v3 game.

- Decide who is on which team.
- Use bibs for one team.
- Use one ball.
- Decide a scoring system, for example each time a team makes five passes they win a point.
- Decide how you are going to referee the game but remember everyone must play.
- Start and finish on the whistle.

BLUE

Equipment needed:

- 1 ball each

Shooting Practice

In your blue area you need one ball each.

- Practice your set shot technique.
- Use a basket or practise throwing against a wall.
- Plan together as a group where each pupil should perform their individual practice.
- Work on your own for this activity.
- Start and finish on the whistle.

YELLOW

Equipment needed:

- 1 ball each
- 6 yellow cones
- 6 white cones

Dribbling Practice

In your yellow area you need one ball each.

- Work together to set out two lines of cones (six yellow cones and six white cones in each line 1 metre apart).
- Dribble in and out of the yellow cones.
- Dribble back in and out of the white cones.
- Keep your body between the ball and the cones.
- No queues allowed!
- Start and finish on the whistle.

ORANGE

Equipment needed:

- 1 ball each
- 4 orange cones

Fast Break Practice

In your orange area you need one ball each.

- As a group, lay out two sets of cones as far apart as possible.
- Fast break from one cone (dribble very fast, driving the ball ahead of you) until you reach the second cone (remember to go as fast as you can).
- Jog back to start cone.
- Repeat fast break as soon as you reach the line.
- Start and finish on the whistle.