

● **You'll need:** basketballs, cones

● **You can play:** outside, in the gym, on the blacktop

Game 1

Volcanoes and Craters

Split players into two teams, one team is called volcanoes and the other is craters. Spread cones out in the playing area flipped right side up (volcanoes) and right side down (craters) and provide each player a basketball. While dribbling players have a certain amount of time (i.e. 1 minute) to flip cones to match their team name. When the timer stops, freeze the game and count how many cones are volcanoes or craters.



Challenge players to dribble with their nondominant hand



Allow players to hold the ball when flipping the cone

Game 2

Dribbling British Bulldog

Two taggers stand in the middle of the playing area while the rest of the players line up on one end. All players will have a basketball except the taggers. When taggers shout "British bulldog" players must dribble across the playing area to the other end. Taggers role is to swipe basketballs away from players, if the ball is swiped the player must put away their ball and join the taggers in the middle.



If players lose control of the ball have them join the taggers



If players lose control of their ball but it is not swiped they can continue dribbling to the other side

Game 3

Team 10 Pass

The goal of the game is to make ten complete and consecutive passes with your team. When holding the ball you may only pivot, players can bounce or chest pass to an open teammate. If the team makes ten passes they receive one point and the ball is given to the other team. If the other team catches the ball or intercepts a pass, a turn over happens and the other team gets the ball. Encourage movement to open space an introduce the concept of checking or covering a player on defense.



Challenge players to pass to different teammates each time. This allows players to also make more contact with the ball



Allow players with the ball to take 3 steps while dribbling. Make smaller teams to increase contact with the ball

Mindfulness



Calm Bodies