



# Table of Contents

Game		Page
1	SEVEN OUT .....	1
2	BUMP .....	2
3	2BALL .....	4
4	BASELINE POP .....	6
5	HOOPS THREE .....	7
6	SCHOOL .....	8
7	BASKETBALL GOLF .....	9
8	AROUND THE WORLD .....	10
9	HORSE .....	11
10	UNIVERSE .....	12
11	HOOPS AND SHOOT RELAY .....	13
12	SIDELINE PASS AND SHOOT .....	14
13	"BROCK" .....	15
14	FIVE SPOT SET SHOT .....	16
15	NBA 3 POINT CHALLENGE .....	17
16	POWER LAY-UP .....	18
17	ONE MINUTE LAY-UP .....	19
18	TEAM RAPID SHOT .....	20
19	FREETHROW PRESSURE .....	21
20	SPEED SHOT .....	22
21	HOT SEAT .....	23
22	FOUR SHOTS IN THIRTY SECONDS – NO WAY! .....	24
23	BEAT THE PRO! .....	25
24	TRIPLES .....	26
25	MISS IT – MAKE IT .....	27
26	TOP GUN .....	28
27	HOT SHOT BLITZ .....	29
28	CARD SHARKS .....	30
29	SHOOTING STARS .....	31
30	CATCH, CUT and SHOOT .....	32
31	SEVENS .....	33
32	SUPERHORSE .....	34
33	TWENTY SECOND SHOOT OUT .....	35
34	TWENTY ONE .....	36
35	TEAM TWENTY ONE .....	38
36	TWO BOUNCE .....	39
37	CANADIAN TWENTY ONE .....	40
38	THREE PLAYER SHOT .....	41



Game	Page
39 TOP OF THE HILL .....	42
40 REBOUNTING TRIOS .....	43
41 "31" .....	44
42 TURKEY SHOOT .....	45
43 AROUND THE WORLD FREE THROWS .....	46
44 GET TO FIVE.....	47
45 ONE SHOT CONQUER .....	48
46 LAY IN – STAY IN.....	49
47 LADDER CHALLENGE.....	50
48 SHOOTING SEVENS.....	51
49 COLLECT 'EM UP.....	52

**BONUS COURT COVERAGE**

B1 BOTTLE CAP BASKETBALL.....	54
B2 THAT'S MY BALL.....	55
B3 TWO DRIBBLES IN A CIRCLE .....	56
B4 DRIBBLE TAG.....	57
B5 TWO BALLS – DRIBBLE COMMAND.....	58
B6 CIRCLE PASS.....	59
B7 FOUR PASS - FULL COURT LAY-UP .....	60
B8 STARTS AND STOPS DRIBBLE .....	62
B9 KNOCK DOWN .....	63
B10 CONCENTRATION.....	64



# 2BALL

**Object:** Players play with a partner to score as many points as possible.

**Number of Players:** In many intramural programs that run 2Ball, the more players the better. Because each game only lasts one minute the number of players is unlimited and there's lots of cheering for friends and classmates.

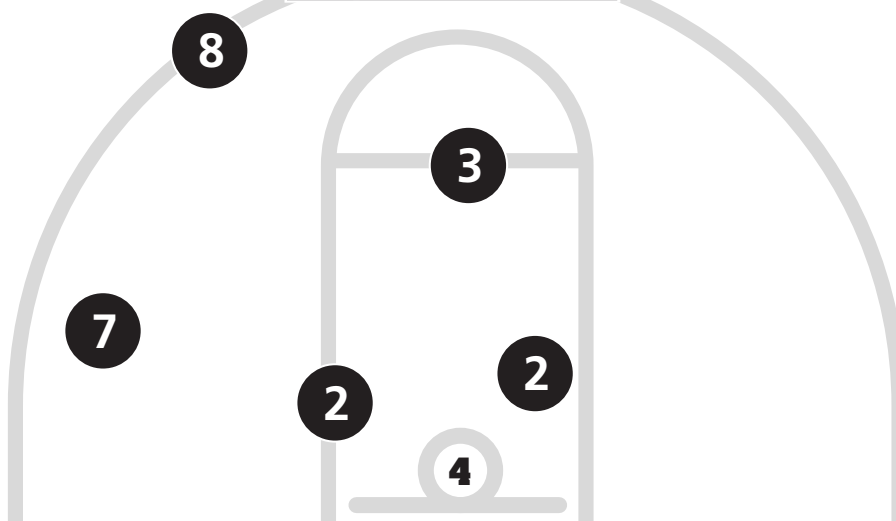
## How to Play:

- A number of years ago, Basketball Canada and Gatorade sponsored a shooting competition called NBA 2Ball. It came with rubber mats marked with numbers, music and lots of promotion. Unfortunately, the program run through Basketball Canada no longer exists, however, its simple to run and extremely popular.
- The illustration below shows one possible layout for 2Ball. If you don't have numbered mats, use hula hoops and cones to indicate the point value of each shot.
- Teams of two players shoot alternately in the one minute time limit to score as many points as possible.

## Some Considerations:

- Encourage players to follow their shot and get their own rebound. This allows their partner to get ready.
- Allow a limited number of shots per marker or have rules that state players must shoot from a different marker each time.

**10pt. BONUS**



# TEAM RAPID SHOT

**Object:** To make as many baskets as possible in the time limit.

**Number of Players:** Teams of three or more players.

## How to Play:

- Place teams in two lines at the elbow of each key, see illustration below. Each team should have at least three players.
- The first player in line shoots, then rebounds and passes the ball to the next player in their line. The second player shoots, rebounds and passes the ball back to the third player. In this sense it's a pretty simple pass and shoot drill.
- Have a "Speed Shot" game at as many hoops as you can. The more games going means more players will be moving and more competition. With a class of twenty-four or more this game is perfect if you have four hoops.
- Time the shooting game for one minute. At the end of each one minute game, the winning team moves one hoop to the right and the losing team moves one hoop to the left. Winners always move right and the losing team always moves left.
- Teams record a point for every game they win. The team with the most points at the end of class or the drill is champion.
- Once everyone gets comfortable with the game and before they get bored, it's time to change some players. After five or six rounds have the teams line up at the top of the key and face their opponents. The teacher can announce, "the second player in each line trade places", or "the players with the ball trade places". Everyone keeps their points and the teams play again. After one minute teams move again, winners to the right, and losers to the left.
- Now, players will have different point totals. Play a few more rounds and switch some players again.

***"My responsibility is getting all my players playing  
for the name on the front of the jersey,  
not the one on the back."***

— Source Unknown