


Virtual Basketball Challenge - Circuit for Primary Schools

Station 1 – QUICK DRIBBLE	Description/Rules
	<ul style="list-style-type: none">❖ How many times can you bounce (dribble) the ball within the time limit?❖ Pupils stand still and bounce the ball as many times as they can. The ball must be kept under control.❖ Time limit - Years 3/4 = 30 seconds. Years 5/6 = 20 seconds.❖ 1 point for each controlled bounce.

Station 2 – FIGURE OF 8



- ❖ How many 'figures of 8' can you do within the time limit?
- ❖ Pupils squat down and then pass the ball through their legs completing a figure of 8 pattern.
- ❖ Time limit - Years 3/4 = 30 seconds.
Years 5/6 = 20 seconds.
- ❖ 1 point for each completed figure of 8.

Station 3 – CHEST PASS



- ❖ How many chest passes can you make in the time limit?
- ❖ The pupil must make a chest pass against a wall (or to a teacher/helper), standing 2m away.
- ❖ For Years 3/4 the ball may bounce once before they catch it. Years 5/6 must catch the ball directly, with no bounces.
- ❖ Time limit - Years 3/4 = 30 seconds.
Years 5/6 = 20 seconds.
- ❖ 1 point for each pass completed.

Station 4 – BASKETS



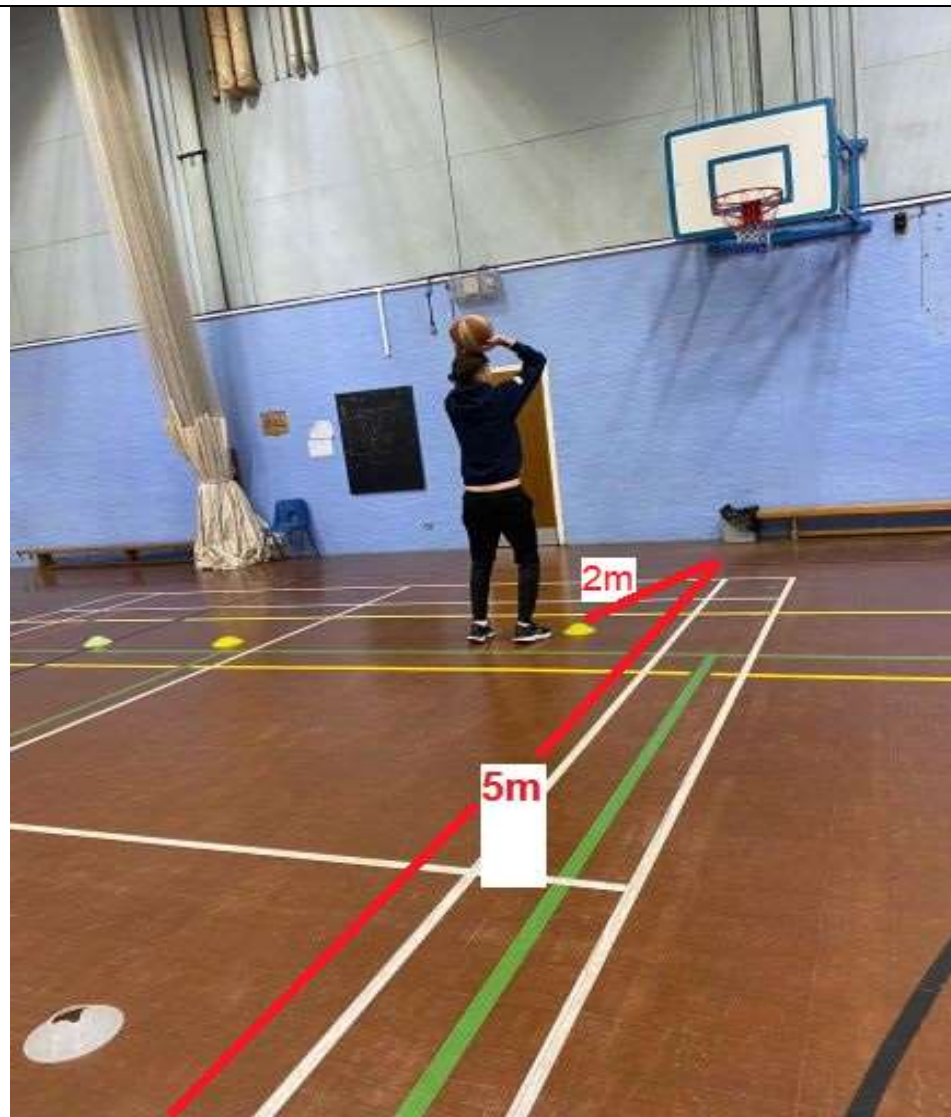
- ❖ How many baskets can you score in the time limit?
- ❖ Pupils must shoot at the basketball hoop. They can be as close as they wish. A helper may retrieve the ball after each shot.
- ❖ Time limit - Years 3/4 = 30 seconds.
Years 5/6 = 20 seconds
- ❖ 2 points for each basket scored. 1 point if they only hit the backboard/hoop and don't score.

Station 5 – SHUTTLE RUNS



- ❖ How many shuttle runs can you do dribbling the ball?
- ❖ Pupils run and dribble a set distance (5m) and then turn round and dribble back to the start. Repeat.
- ❖ Time limit - Years 3/4 = 30 seconds.
Years 5/6 = 20 seconds
- ❖ 1 point for each 5m shuttle run (so there and back = 2 points).

Station 6 – DRIBBLE AND SHOOT (DASH)



- ❖ How many times can you dribble then shoot and score a basket in the time limit?
- ❖ Pupils dribble from the start to a marker cone in front of the basket. They must stop and shoot from here. After each shot, return to the start and go again.
- ❖ The start is 5m from the basket. The marker cone is 2m from the basket.
- ❖ Time limit - Years 3/4 = 30 seconds.
Years 5/6 = 20 seconds
- ❖ 5 points for each basket scored. 1 point if the shot is attempted but missed.