

## Virtual Basketball Challenge - Circuit for Years 7 and 8

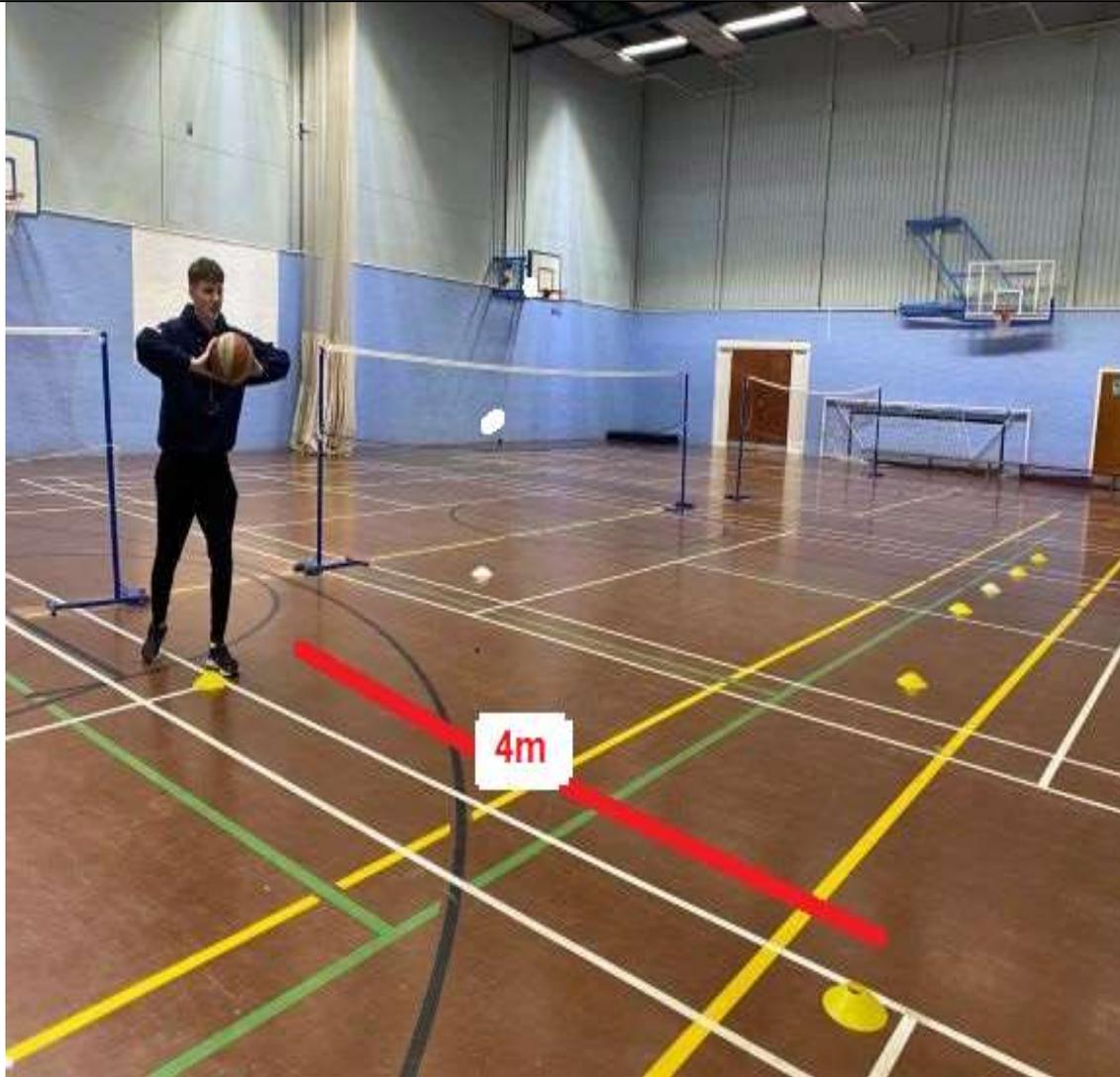
### Station 1 – Cross Over



### Description/Rules

- ❖ How many cross overs can you do within the time limit?
- ❖ Pupils stand still and bounce the ball from their strong hand to their weaker hand. The ball must be kept under control.
- ❖ Time limit – Year 7 = 40 seconds.  
Year 8 = 30 seconds.
- ❖ 1 point for each controlled bounce.

## Station 2 – Chest Pass



- ❖ How many chest passes can you make in the time limit?
- ❖ The pupil must make a chest pass to a teacher/partner who is standing 4m away. The ball is then returned to the student. Repeat.
- ❖ Time limit – Year 7 = 40 seconds.  
Year 8 = 30 seconds.
- ❖ 1 point for each chest pass completed by the student.

### Station 3 – Layups



- ❖ How many layups can you score in the time limit?
- ❖ Pupils start at the free throw line (5m from the back line), run in to the hoop and make a layup to score a basket. They then collect the ball and return to the free throw line.
- ❖ If the student misses the shot, they must collect the ball and return to the free throw line to start again.
- ❖ Time limit – Year 7 = 40 seconds.  
Year 8 = 30 seconds
- ❖ 2 points for each layup scored.

#### Station 4 – Free Throws



- ❖ How many baskets can you score from the free throw line in the time limit?
- ❖ Pupils stand at a cone 5m from the basket (representing the free throw line) with two basketballs sat on cones. They shoot from this point. If they make the basket, they take the other ball and shoot again. If they miss the shot then they must collect the rebound and go back to the cone for their next attempt.
- ❖ Their partner returns the spare ball to the cones each time.
- ❖ Time limit – Year 7 = 90 seconds.  
Year 8 = 60 seconds
- ❖ 2 points for each basket scored.

### Station 5 – Slalom Shuttle



- ❖ How many shuttle runs can you do dribbling the ball?
- ❖ Pupils run and dribble a set distance (5m straight + 5m slalom) and then turn round and dribble straight back to the start. Repeat.
- ❖ Set up a start point 5m from the beginning of the slalom. Mark out a 5m long slalom course, with the cones 1m apart.
- ❖ Time limit – Year 7 = 40 seconds.  
Year 8 = 30 seconds.
- ❖ 1 point for each time the student makes it back to the start point.

### 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 through a slalom to a marker cone in front of the basket. They then do a layup.
- ❖ If they make the basket, they then dribble straight back to the start and go again.
- ❖ If they miss the shot, they must get the rebound, dribble to the 2m marker cone and shoot from there.
- ❖ The slalom is 10m long with the cones spaced 1m apart. The end of the slalom (the marker cone) is 2m away from the basket.
- ❖ Time limit – Year 7 = 40 seconds.  
Year 8 = 30 seconds
- ❖ 3 points for each layup scored. 2 points if they miss the layup but then score from the marker cone.