

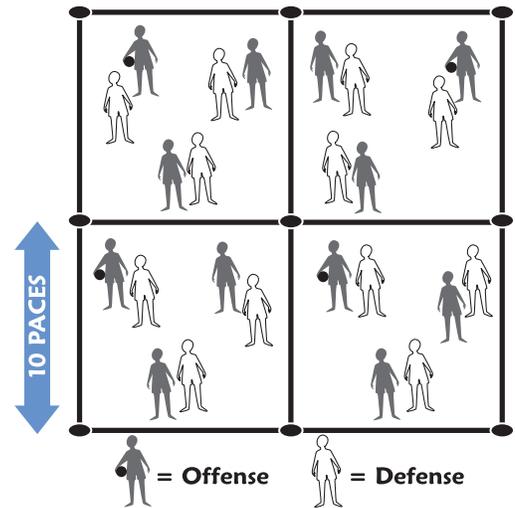


Ready...

- 1 ball per 6 students
- 1 pinnie per 2 students
- 1 spot marker per student

Set...

- Create grids (10X10 paces) for every 6 students.
- Form groups of 3; place 2 groups and 1 ball per grid.
- 1 group per grid wears pinnies.
- Pinnies begin on offense.



GO!

1. The object is for your group to complete 3 passes in a row, each to a different member of your group.
2. Offense players do this by pivoting, passing and moving to an open space. Dribbling is not allowed.
3. Defenders guard a member of the opposing team. After 3 consecutive catches, the offense earns 1 point, and the ball is given to the other group.
4. If a turnover occurs (incomplete pass, ball out of bounds, defense intercepts), group roles are reversed. The offense becomes defense, and defense becomes offense.
5. Principle of 3s is in effect.

CHALLENGES

- ★ Use only 1 type of pass (name a type). If the defense knows which type of pass your team will always use, does this make their job easier or harder?

CUES

- ★ Offense, move to open space. Fake, cut and pivot!
- ★ Defense, keep your hands up. Stay 3' away from the person with the ball.

3-CATCH BASKETBALL

*SPARK™ IT UP!

* **Endline**

The object is to score points by passing the ball to a groupmate beyond the opponent's endline. The ball is advanced using passes only. Defense becomes offense on any turnover. Pinnies begin with the ball on 1 endline. The group scored upon gets the ball to begin play again at their endline.

* **Endline with Shot**

(Need 2 hoops per game) Same as Endline, but 1 player from the offense picks up a hoop in the endzone. Point is scored when offense shoots through the hoop.

* **Endline with Post Player**

Add a Post Player, who stands near the mid-court line and may be used by either team when they are on offense. The Post Player only works for the offense. This always gives the offense a slight advantage. Rotate your Post Player after each score. Play with or without the shot.

FUN FACT

Stanford beat the University of California 2-1 in the first women's college game in 1886. The rules were a bit different then. Women didn't play full-court 5-on-5 until 1970.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Passing, catching, offensive/defensive strategies

Fitness:

Cardiovascular fitness

Personal/Social:

Cooperation

Your State (Write in here)

TONY'S TIPS

- Pinnies Rule: The group wearing pinnies gets the ball first and always goes in the same direction.
- Principle of 3s: Passers can hold the ball for only 3 seconds before they pass. Defenders must stay 3' from person with ball. Pass must travel at least 3'.
- Allow students to dribble a maximum of 3X when they have mastered the passing.

NOTES

