

Seniors

BASKETBALL








THEMED PROGRAMME



AIM

Shoot some hoops with this basketball themed programme. Learn about the basics of the sport, get active with some basketball games, understand some of the referee signals and consider what makes a perfect game plan.

ACTIVITIES

-  **Basketball Rules**
-  **Numbers Basketball**
-  **Basketball Knockout**
-  **Basketball Golf**
-  **Referee Signals**
-  **The Game Plan**
-  **Organise a Tournament**

BASKETBALL

» INTRODUCTION

Basketball is a team sport, usually consisting of 5 players on each team, going head-to-head to try and score the most baskets.

Popular in countries such as the USA, basketball is played worldwide and features at the Olympics.

This programme will give you an introduction to the sport and some different ways to give it a try. Ideally, you'll need a basketball court / hoop, but DIY hoops could be created using equipment in your cupboard.

? DID YOU KNOW?

- Basketball was invented in 1891 in America, by a PE teacher.
- Originally the basket didn't have a hole in the bottom, so the referee had to retrieve the ball from the basket each time it went in.
- Men's basketball has been at the Olympics since 1936, with the women's game joining in 1976.
- The NBA (USA) is famous around the world as the best basketball league, featuring the best players.



GET LEARNING: MY SKILLS FOR LIFE BASKETBALL RULES

Take a look at some of the rules of basketball to get a basic idea for how the game works.

Watch 'Rules of the Game – Basketball – FIBA' on the FIBA YouTube channel (<https://youtu.be/05PU1cE2mA>). This takes you through some of the basic rules for basketball. Below are also some of the main things you'll need to know when playing basketball.

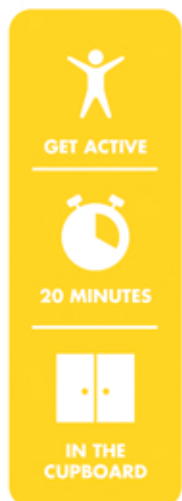
Players: A team can have a maximum of 12 players, with only 5 on the court at any time.

Positions: Each player is assigned a position, these are usually determined by height. The positions are point guard, shooting guard, small forward, power forward and centre.

Violations: This is when a player breaks one of the rules. When this happens the ball is awarded to the opponents. Violations include taking more than 2 steps without bouncing the ball (traveling) and stopping dribbling and starting again (double dribble).

Scoring: Throwing the ball into the basket is how you score. If the shot is taken outside of the '3 point arc' a basket is worth 3 points. Inside the arc is 2 points. 1 point is scored when shooting from the free throw line after a foul.

For more details on the rules of basketball, visit www.fiba.basketball/basic-rules



GET ACTIVE: PLAYING SPORTS NUMBERS BASKETBALL

A variation of basketball. A variation that can continuously change the dynamics of play, fluctuating the numbers of players and who is playing at any given time.

Split into two teams and number each person in the team from 1 upwards. Teams start by standing on opposite sides of the hall and the game begins when a player's number is called out. Each round change up the amount of numbers called out, enabling you to start with anything from 1 on 1 to 5 on 5. For example, the first round you may call out number 1 & 5 (2v2). The second round you may call numbers 2,3,4,5 & 6 (5v5). All players should sit back down on the side after any basket, ready for a new set of numbers to be called out.

During the game you can also call numbers to come off the court and then call out numbers to go on the court, again continually varying the number of players on the pitch and quickly changing the dynamics of the game.



GET ACTIVE: PLAYING SPORTS BASKETBALL KNOCKOUT

Play this game with two or more players. You will also need two basketballs and a basketball hoop (or similar).

The players form two lines in front of the basketball hoop. On go, the first two players shoot to score, the first to score knocks out the other player. The player who got the basket runs to the back of their team and the player that has been knocked out sits to one side. The two teams continue to battle it out with the winning team the first to knock out all their opponents. If there are lots of you, you could play this with more than two teams and / or use another basket, but with all teams still competing against each other.



GET ACTIVE: PLAYING SPORTS BASKETBALL GOLF

Bring together the game of basketball with golf in a mission to keep the lowest score.


The idea of this game is to try and get the ball into the basket in the lowest number of attempts from different set positions. Play 6, 9 or 18 'holes', by marking somewhere on the floor for each 'hole'. The first player starts from the first position and takes their shot, if they miss they take their next shot from where they can grab the ball from the rebound. The score for that 'hole' is the number of shots it took the player to get the ball into the basket.

Continue playing, keeping a track of the scores as you go. The lowest score across the whole game wins.



GET LEARNING: MY SKILLS FOR LIFE REFEREE SIGNALS

As with any sport, there are a number of rules to get your head around. A referee in basketball has a large number of hand signals that they can make to signal different things, from fouls to substitutions, scores to time outs. Learn some of these signals and go head to head with your peers to see who can remember the most signals.

- 1  Download and print a copy of the 'Basketball Referee Signals' activity sheet. Give each group a copy of the sheet. Alternatively show this on a projector / large TV for everyone to see.
- 2 Split into groups and spend 5 minutes trying to remember as many of the signals as you can.
- 3 After 5 minutes take away the sheets from each group. A leader should then pick 10 of the signals and act them out. Each group should write down what they think the signal represents.
- 4 After each team has their 10 written answers, go through the answers and score a point for each one. The team with the most points win.

These are just some of the referee signals for basketball. For more signals visit

<http://www.bbl.org.uk/rules-of-the-game/>



GET INTO THE BIBLE: DEVELOPING MY FAITH THE GAME PLAN

- 1 In basketball, just like any sport, teams will have a game plan that they will have given lots of thought and attention to, in order to win a game. As part of this plan a coach and his team will play in a certain way to best bring about a victory. The plan will consider what the opposition might do and come up with a strategy to deal with this. The coach will look to substitute players at the right time or switch up play at a certain point to help change the momentum of the game. For a game plan to work, the team must trust and follow the plan, even when things seem tough or impossible.
- 2 As a group, have a chat about what makes a good game plan in sport. What should it include? Can you think of any examples of when a game plan has worked well during a game? (any sport)
- 3 What about God's game plan? God made an incredible world for mankind and the rest of creation to enjoy. It truly was the best start to any 'game'. Everything was perfect until Adam & Eve picked up that apple, introducing sin into our world. Whilst this threw a spanner in the works for the 'game plan', God thankfully had a winning strategy to turn things around. God played a substitution to deal with the destructive power of sin. He sent his son Jesus onto the field of play, as a way of taking our sin and saving mankind.
- 4 This game plan is still happening today. God is working in each of us to keep playing out his plan. A plan that will lead us into victory over the power of sin and earn the ultimate reward – far greater than any trophy or championship title.

'God, with full wisdom and understanding, let us know his secret purpose. This was what God wanted, and he planned to do it through Christ. His goal was to carry out his plan, when the right time came, that all things in heaven and on earth would be joined together in Christ as the head.' Ephesians 1 v 8-10

- 5 Are you ready to listen to your 'coach' and play your role in the game plan? Do you know what your role in the game is yet? Do you trust the plan and are you ready to see it through?



GET INVOLVED: SHAPING OUR WORLD ORGANISE A TOURNAMENT

Basketball is best played when you have teams to compete against. As a group organise a basketball tournament with other local BB Companies. This might be with just one other neighbouring group, or it could be by bringing together your Battalion/District in a tournament.

Make sure to think about... when this might take place? Who you will invite? What facilities you will use? The costs / budget? Trophies / medals? Who will referee? What will be the tournament structure? Work with your leaders to ensure the tournament meets all safety considerations and to help communicate with other BB groups.

BASKETBALL REFEREE SIGNALS



Referee



Start clock



Stop clock



Time-out



Jump Ball



Substitution



1 Point



2 Point



3 Point



3 Point
(success)



Cancel Score



24 Second
Reset



Travelling



Technical
Foul



Pushing



Blocking



3-Second
Violation



Intentional
Foul



Control
Foul



Player Foul



Double Foul



Beckoning