



BASKETBALL – PRIMARY



Quick introduction

This is a modified version of the traditional game and is played on a half court or similar sized area. 3v3 works well but could be played 4v4 or 5v5 if player numbers and space permits.

Getting started

- Only one basketball hoop is required to play the game.
- If no court markings are available then set up a cone or floor line to indicate the playing area.
- One ball per game of size 3, 5 to suit participants.
- Organise the players into groups of a practical size if more than one basketball hoop is available.
- Explain the playing rules to the participants.



IM BASKETBALL – PRIMARY

Hints and tips

- The ball must be dribbled when moving. Encourage players to dribble the ball using one hand only.
- Encourage the players to perform quality rebounds (ball collecting) and passing.
- Rules can be introduced to ensure all players are included in the game, i.e. all players on a team must have touched the ball before a player can shoot for the basket.

Leadership and volunteering opportunities

- IM basketball: half court 3v3 encourages primary-aged children to take on a number of leadership roles during the playing of the game. Children can be supervisor to referee games, to score keep or to time keep. These roles not only build confidence but also assist in the development of transferable academic skills.

Officiating

- One official (teacher, parent or young person) per game to ensure players are playing safely and to the rules.

Think inclusively (STEP)

Space

- Make the playing area larger or smaller to challenge or support.
- Allow players with mobility impairments to remain in the key without restrictions, if necessary.

Task

- Enable some players to carry the ball short distances without dribbling; or play pass and move without dribbling.

Equipment

- Reduce the hoop height if possible or provide an alternative beneath the hoop (for example, a tripod basket or large box on the floor).

People

- Enable some players to dribble the ball with two hands until they develop one-handed dribbling skills.





BASKETBALL - PRIMARY

SCHOOL
GAMES

Quick rules

- Game duration can be adjusted to suit the number of games/facility available. For example play two periods of five minutes with a one-minute half time.
- If teams have additional players, then allow rolling substitutions on any change of possession. At any change of possession e.g. foul, basket, steal etc. play should restart from outside the three point line or edge of the marked area if you have no court lines.
- All baskets scored successfully are awarded two points. In the event of a tied game the result will be decided upon completion of a free throw shootout.

Equipment required

- A minimum of one hoop.
- A ball.
- A court or similar sized area.
- A whistle.
- Pen and watch.

Health and safety

- Incidental contact between players may be inevitable - however, all players should go out of their way to avoid creating unsafe play.



FOR YOUNG PEOPLE

Think tactics

If you have substitutes they can make a big difference to the game. Think about appointing a coach or manager to ensure they are used effectively.

Spirit of the Games: Excellence through Competition



Can you have a team discussion about the proper use of substitutes?

