

Inclusion 2028

3 v 3 Basketball

Team Target Challenge

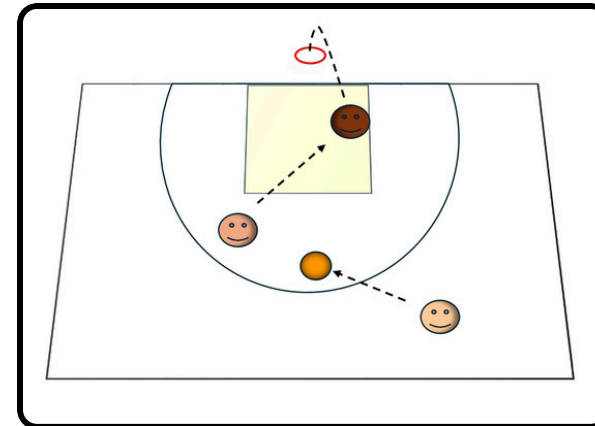
A passing and shooting game against the clock.

What you need

- Basketballs, mini basketballs or lightweight alternative.
- A target hoop; for example:
 - a basketball hoop (if height-adjustable, even better);
 - a netball goal;
 - a plastic hoop taped to the wall;
 - a floor basket or a cardboard box on the floor;
 - a combination of these.
- Some markers to define zones.
- A timer.

How to play

- Players make teams of 3.
- One player is positioned close to the basket, one a bit further away and the third furthest from the target. Distance can be based on ability.
- The player furthest away starts by passing the ball to the middle team-mate.
- The middle player passes the ball on to player near the basket, who shoots at the target.
- Every 2 shots players change position – nearest player goes to the outside and the other two move in one place.
- OR the players can remain in the same positions.
- Count the number of successful shots AND the number of attempted shots before time is up; this should be at least 1 minute.



Use the STEP adaptation tool to modify the activities

Space

- Increase or decrease the distance from the shooter to the target.
- Players can be positioned close together for shorter passes.

Task

- Increase the distance between each player as their passing becomes more accurate and consistent.

Equipment

- Place the target hoop or box on the floor.
- If a ball-sending ramp is used for passing or shooting, the target must be on the floor, for example, a box on its side.

People

- A fourth player can time the others for their challenge; rotate this role where possible so that everyone takes a turn.