

Inclusion 2028

3 v 3 Basketball

Hoop Shoot Challenge

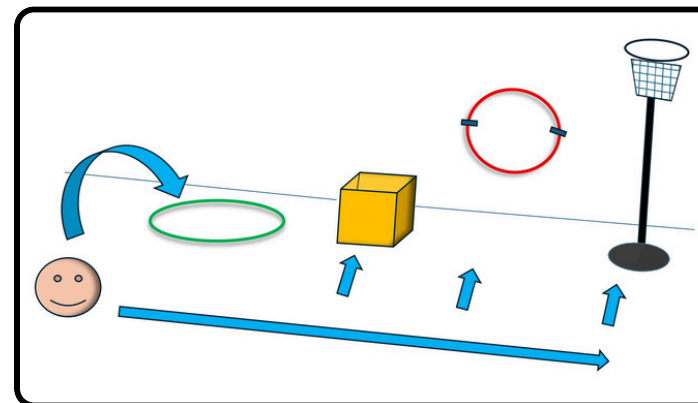
An individual challenge to test shooting skill and accuracy.

What you need

- Basketballs, mini basketballs or lightweight plastic or inflatable balls.
- Floor-standing basketball hoops, cardboard boxes, plastic bins (clean), plastic hoops (with masking tape), basketball or netball baskets/goals; anything that can make a target.

How to play

- Use an indoor or outdoor space where targets can be laid out.
- Arrange 3-5 different basketball targets in a line. For example:
 - floor target or large cardboard box;
 - hoops taped to the wall (at head height for both seated and standing players);
 - basketball hoop or netball goal (on stand or wall mounting);
 - use whatever is available.
- Players move along the line of targets taking a shot at each in turn. Make a successful shot before moving on.
- Award points in a progressive way; for example, 1 for the easiest (floor) target, 3 for the hardest/highest.



Use the STEP adaptation tool to modify the activities

Space

- Use smaller or larger targets; move closer or further away.

Task

- Change the angle of the challenge by using smaller plastic hoops taped to the wall.
- Players can throw with one or both hands.
- Once players have been successful at all the targets, move further away next time.

Equipment

- For players rolling the ball or using a ball-sending ramp, set the target (for example, box) on its side.

People

- Some players can stay with preferred targets where they can be successful; however, they can try propelling the ball in different ways or using different types of ball.