

Inclusion 2028

3 v 3 Basketball

Relay Dribble Challenge

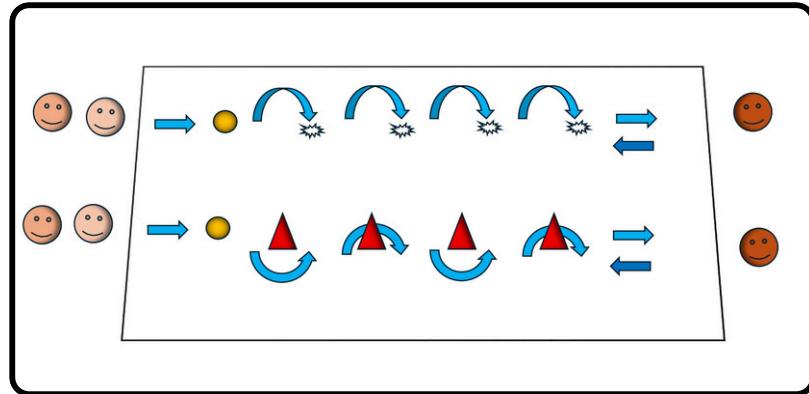
An against the clock team challenge.

What you need

- Basketballs, mini basketballs or lightweight alternatives.
- Marker cones or throw-down spots.
- A timer.

How to play

- A team consists of 3 players.
- Players are positioned either end of a short course (10-15 metres) marked by cones (or similar) at each end.
- 2 team-mates go to one end, and the third at the opposite side.
- On the start signal, the first player dribbles the ball to the other end where they pass or hand the ball to the next player.
- Player 2 dribbles the ball back to the start line and gives the ball to the last player who completes the relay.
- Try this challenge two different ways:
 - how long does it take to complete the 3 legs of the relay?
 - players keep going and see HOW MANY legs they can complete within the time limit (for example, 1 or 2 minutes).



Use the STEP adaptation tool to modify the activities

Space

- Increase or reduce the distance between the start line and the change-over.

Task

- Players can dribble the ball using one hand or both hands; or carry the ball, but stop to bounce it.
- They can roll the ball ahead of them and follow it.

Equipment

- To add a challenge, place cones between the two ends; players have to zig-zag between the cones as they dribble the ball.
- A cone can be placed halfway; players carry the ball and bounce it at the cone before moving on.

People

- Some players can put the ball on their lap (wheelchair users) or hold the ball while moving along the course.