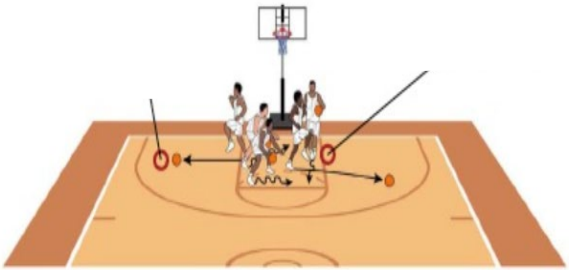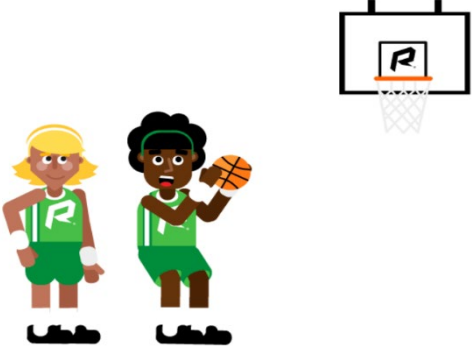# ACTIVITY RESOURCE BOOKLET

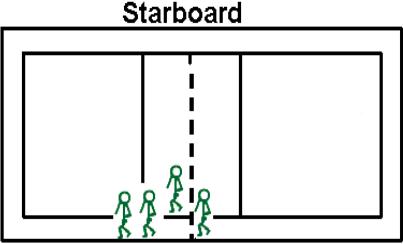# GAMES WITH EQUIPMENT FOR SMALLER GROUPS
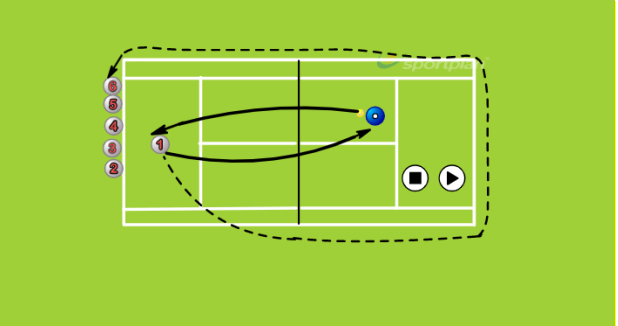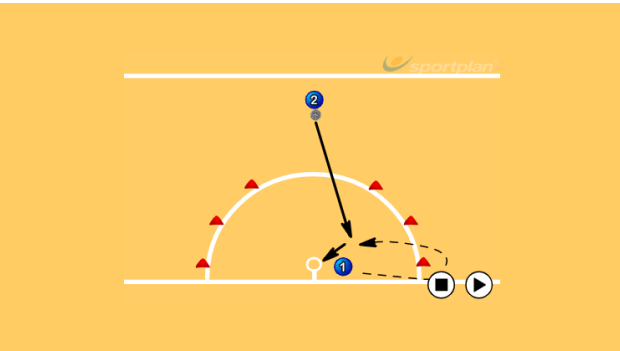
BASKETBALL

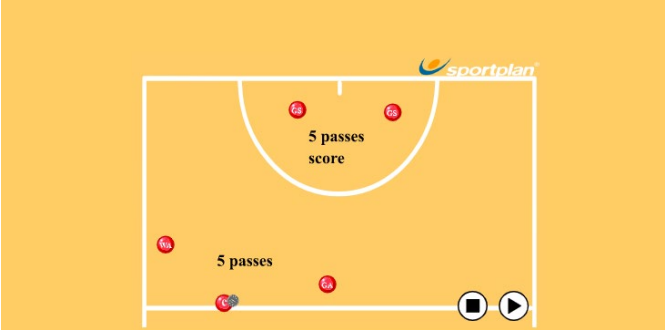| Name of Activity	Equipment	Set-up	Instruction	Adaptations
King of the Ring – Basketball 	- Basketballs. - Cones (If there are no lines marked out). - Basketball Hoop.	- Use basketball half court area if lines are marked out. - If not use cones to mark out a playing area that players must stay in.	- Coach will let the participants know where the playing area is. - Players will start dribbling with basketball. - Aim is to knock other participants ball out of the playing area while keeping their ball under control. - If a participant's ball gets knocked out of the area by another, then they are out. - If a participant dribbles out of the playing area, then they are also out. - Last person standing is "king of the ring".	- Adaptions to make it **easier**: - Make the playing area bigger. - Adaptions to make it **harder**: - Make the playing area smaller. - To maximise participation players, if players ball gets knocked out of bounds by another then player must try and score a basket to get back in the game.

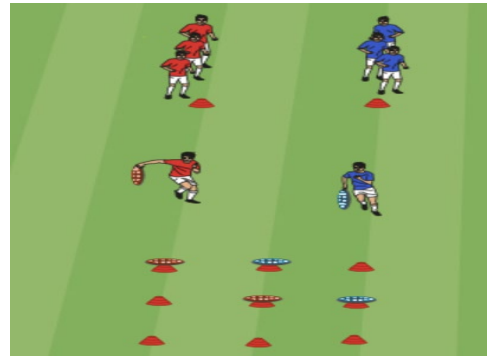| Tiger (Horse) – Basketball	- Basketballs. - Basketball Hoop.	- Use basketball half court area if lines are marked out. - If not, then use cones to mark out a playing area.	- Can work with 2 or more players. - The first player attempts a trick shot or normal shot I.e., a free throw or some sort of trick shot. - If the other players fail to repeat the action, then they get a letter "T." - The first person to get all the letters that spell out TIGER, loses and must do a forfeit.	- Adaptions to make it **easier**: - Players must only do one type of shot. - Players do not have to copy the last persons shot but if they miss the basket, they get a letter. - Adaptions to make it **harder**: - Players must attempt a trick shot or 3 point shot. - **To maximise participation**, if there is a full-length court split players up into different teams so that there can be 2 groups playing at once.
Killer – Basketball	- Basketballs. - Basketball Hoop.	- Use Basketball half court area if lines are marked out. - If not, then use cones to mark out playing area.	- Players line up behind one another using single file. - First person would take a shot, if that shot goes in, they pass it to the next player in the queue who DOES NOT have a ball. - If the first players shot does not go in, then they must collect their ball and keep shooting they score a basket. - The second player can shoot as soon as the first player has taken their first shot. - If that player scores before the player in front of them then that first player is out. - The last person standing wins.	- Adaptions to make it **easier**: - They can go closer to the basket for their first shot. - Adaptions to make it **harder**: - They can go further away from the basket for their first shot. - **To maximise participation**, allow each player to have 3 lives.

TENNIS

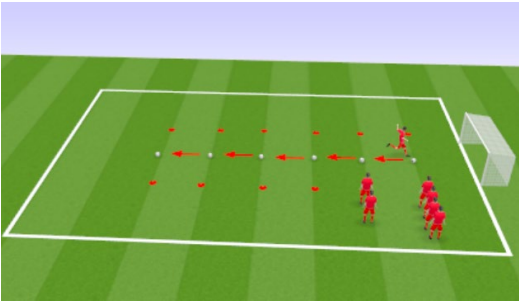| Name of Activity	Equipment	Set-up	Instruction	Adaptations
Port to Starboard - Tennis 	- Tennis Rackets. - Tennis Balls. - Hula hoops.	- Tennis net to be set up. - If there is no court area marked out, use cones to create playing area.	- Coach to stand on one side of the net and the participants to stand on the other side. - Coach to shout out commands to participants - To start with we will just use the rackets to get used to running with rackets. - Commands: - Port- Run to the left of the playing space. - Starboard - Run to the right of the playing space. - Bow - Run to the front of the playing space. - Stern - Run to back of the playing space. - Once participants are a bit more confident introduce a ball that they must try and return to coach.	- Adaptions to make it **easier**: - Do not introduce any tennis balls until they are confident, they can return the serve. - Instead of port, starboard, stern or bow use left, right, back court or net to make it easier to understand. - Adaptions to make it **harder**: - Introduce tennis ball if they are finding it too easy. - Introduce a time limit so that they have limited number of seconds to get to command. - Introduce hula hoops so that they must run to specific areas within that command.
Around the World - Tennis 	- Tennis Rackets. - Tennis Balls.	- Tennis net to be set up. - If there is no court area marked out, use cones to create playing area.	- Coach to stand on one side of the net and the participants to stand on the other side. - Coach will feed the ball to the other side of the net and participants will try and return the ball back to coach. - Once they have attempted their return, they must run round the whole playing area and back to the start. - If they miss their return or do not get it over the net, then they are out. - Last person standing wins.	- Adaptions to make it **easier**: - Do not introduce any tennis balls until they are confident, they can return the serve. - If they are struggling to run round the full court, change it to half court instead. - Adaptions to make it **harder**: - Introduce tennis ball if they are finding it too easy. - Introduce a time limit so that they have a limited amount of time to get round the court and back into the queue. - **To maximise participation,** you have 3 lives and each time you miss a return, you then lose a live.

NETBALL

Name of Activity	Equipment	Set-up	Instruction	Adaptations
Killer – Netball 'KILLER' First Shot Line WD GS C C GK GA	- Netballs. - Netball stands.	- Netball stands to be set up. - If there is no court area marked out, use cones to create the playing area.	- Players line up behind one another using single file. - First person would take a shot, if that shot goes in, they pass it to the next player in the queue who DOES NOT have a ball. - If the first players shot does not go in, then they must collect their ball and keep shooting they score a basket. - The second player can shoot as soon as the first player has taken their first shot. - If that player scores before the player in front of them then that first player is out. - The last person standing wins.	- Adaptions to make it **easier**: - Adaptions to make it **harder**: - **To maximise participation**, you have 3 lives and each time you miss a return, you then lose a live.
Run, Balance, Shoot – Netball ② ① ■ ▶	- Netballs. - Netball stands. - Cones.	- Netballs stands to be set up. - Mark out a semi-circle with cones for drill.	- Coach will start as the feeder on the edge of the circle beside the hoop. - Coach will give each cone a number and players must remember these. - The players will go one by one and will be classed as the worker when it's their turn. - The feeder will shout a number and the worker must run round the cones and then receive a pass from the feeder. - Once they have received the pass they then try and shoot the ball into the net. - Players will keep track of their scores, 1 point for hitting the rim and 5 points for scoring a basket. - Person with highest number of points win.	- Adaptions to make it **easier**: - Decrease number of cones in semi-circle. - Adaptions to make it **harder**: - Increase the number of cones in the semi-circle. - Feeder shouts 2 numbers, so they have more to think about. - **To maximise participation**, the feeder is an active participant, so they will feed the ball and then becomes an active defender once they have passed the ball to make it more

				game like. The person being fed the ball will then become feeder once their turn has ended.
10 Passes before you can shoot – Netball 	- Netballs. - Netball stands.	- Netball stands to be set up. - If there is no court area marked out, use cones to create the playing area.	- This is a passing constraint game. - Each team must make 10 passes before they can shoot. - This is to focus on the passing element. - If a team intercepts the ball before 10 passes are made the team must start from 0 again. - If a team intercepts the ball at any point, then the team now in possession of the ball must try and make 10 passes before they can shoot.	- Adaptions to make it **easier**: - Lower the number of passes to 5 in each team. - Adaptions to make it **harder**: - You cannot pass to the same person more than twice. - **To maximise engagement**, make sure everyone on the team receives a pass before you can shoot.

FOOTBALL

Name of Activity	Equipment	Set-up	Instruction	Adaptations
Construction Zone – Football 	- Footballs - Cones - Goals	- Scatter cones all over playing area. - Keep goal area clear.	- Players to go one at a time and try and dribble through the coned area. - If they hit a cone on their way through the area, are out. - Once through the cones you must shoot at goal and try and score.	- Adaptions to make it **easier**: - Spread the cones out wider from one another so its easier to navigate through. - Adaptions to make it **harder**: - Make the spaces between the cones smaller so it's harder to navigate through. - **To maximise engagement,** instead of being put out they have 3 lives and lose a life each time they hit a cone or miss a goal.
Tic Tac Toe – Football 	- Cones - Bibs	- Set up 9 cones in the style of an X's and O's grid. - Set up 2 cones before the grid.	- Split group into two teams and line them up single file behind the two cones. - Give each team a pile of different coloured bibs. - When the coach shouts "go" the first two players from each team will run down to the X's and O's grid and places a bib down on a cone. - The first player then runs back and tags the next player in line who runs down to put their bib in play. - The objective is for one team to get three bibs in a row. Either across, down or diagonally. - Once all squares are full and there is no winner players can then take away opponents bibs until there is a winner.	- Adaptions to make it **easier:** - - Adaptions to make it **harder:** - Make each member of the team spin in a circle for 15 seconds before they run. - **To maximise participation**, if you have a big group of players

				make more than 1 X's and O's grid so that there can be an up and down system. So, whenever a team win or lose, they move up or down to the next X's and O's grid.
Nothing But Net – Football 	- Cones - Footballs - Goals	- 12 x cones to be set up (1 row of 6 and another on the opposite side 10 steps apart from one another. - 6 x footballs in the middle of each set of cones.	- A shooting drill in which you must try and score a goal with every football at each cone. - The only way the goal will stand is if the ball hits the net before it hits the ground. - If you fail to hit the target or the net before the ball hits the ground, you are out. - Last person standing wins.	- Adaptions to make it **easier**: - Bring each set of cones 5 steps forwards so each shot it closer to the goal. - Allow the ball to have once bounce once its over the line before it hits the net. - Adaptions to make it **harder**: - Bring each set of cones 5 steps backwards so each shot is further from goal. - **To maximise engagement**, instead of being put out they have 3 lives and lose a life each time they miss the target or don't hit the net.