

Session 5 - Positioning

Team Building (5 minutes) - Pipes relay

- Each student has a pipe and they line up together connecting their pipe
- Leader puts a ball on one end and participants see if they can pass the ball from pipe to pipe without dropping it

Warm up (5 minutes)

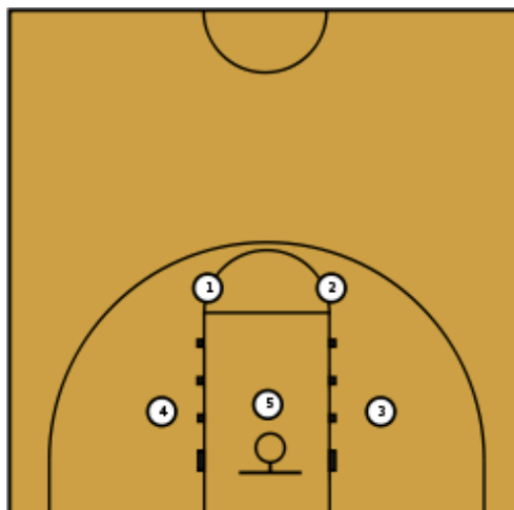
- Start with a dynamic warm up including jogging, high knees, and butt kicks

Game: Colour Monster (10 minutes)

- Colour Monster is a running and tagging game that works well in a gym or large open space. One or more players start as “it” and stand in the middle of the space, while everyone else lines up on one end of the gym.
- The person who is “it” calls out a colour (for example, “blue”). Anyone wearing that colour must try to run to the other side of the gym without getting tagged. If they are tagged, they join the middle as one of the “it” players for the next round.
- If the person in the middle calls out “Colour Monster,” everyone must run across, regardless of what colour they are wearing. The game continues until most or all players are in the middle, and then it can restart with a new round.

Learn to the Positions (15 minutes)

- Depending on the level of basketball skills/comprehension there are a few options:
 - For very beginners, focus on passing and moving around
 - Practice the weave
 - Start with groups of three and do a three person weave down the court
 - Player one is on the left side with the ball
 - Player two is in the middle
 - Player three is on the right side
 - Player one passes to player three and follows their pass
 - Player two runs to where player one was
 - Player three passes to player two and follows their pass
 - Player two passes to player one and follows their pass
 - For more advanced beginners
 - Have two teams with five players one is defense and one is offensive
 - The defensive players are set up as follows:



Session 5 - Positioning



- The offensive team moves the ball around and the defensive team put pressure on the player with the ball
- After five or so minutes, switch the groups

Game: Basketball (20 minutes)

- Split the group into two teams and let them play basketball

Cool Down (5 minutes)