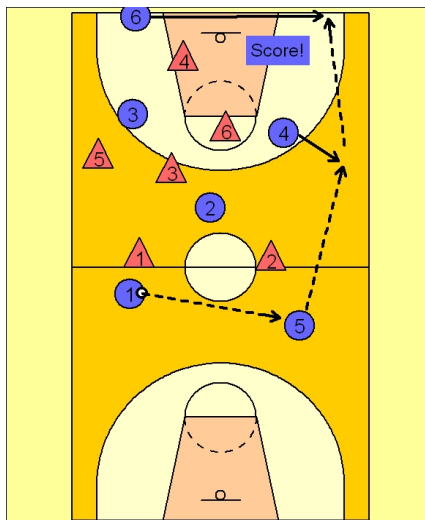


Ultimate basketball



Focus: A Great Lead Up Game to teach fundamental Passing, Footwork and Decision Making.

Split up the group into 2 teams. Can be as many as 9-10/team(may have to modify the playing area for smaller groups).

The object is to advance the ball with the pass down the floor to a player who has both feet past the end line. Players may pivot but can run with the ball or dribble the ball. Defense is trying to pressure, force bad passes and steal passes.

Stop the game periodically to teach important basketball concepts: Looking ahead, Pivots, stops on balance, reversing the ball, moving without the ball, communication.