

Speed Score

Summary

Students will practice and enhance basic basketball skills in a pressure situation.

Time Frame

1 class periods of 30 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning

Materials

One basketball per three students and poly spots to mark the point values.

Student Prior Knowledge

Proper shooting form and rebounding technique would be helpful.

Intended Learning Outcomes

Students will enhance their shooting and rebounding skills while working together with others.

Instructional Procedures

Each group works as a team to score the most cumulative points.

One student shoots from a poly spot on the floor and receives a designated point value for made shots according to the distance from the hoop.

The other two students are quickly rebounding the basketball and getting it back to their teammate.

After one minute, students rotate positions and a new shooter begins the next round.

The third shooter finishes the rotation for one more minute, then the points are totaled.

Strategies for Diverse Learners

The following are ways to modify this activity:

- Increase/decrease the length of the shots.

- Shoot with non-dominant hand.

- Switch shooters after every shot.

Authors

[TIMOTHY BEST](#)