

Basketball Shuttle Run

Summary

Students will practice agility, critical thinking skills and dribbling a basketball.

Time Frame

1 class periods of 30 minutes each

Group Size

Pairs

Materials

One basketball per two students and a half cone or a deck ring to hold the balls while the students are running.

Background for Teachers

Basic strategy for running the shuttle run as quickly as possible. (anticipating the change of direction, explosive starts)

Intended Learning Outcomes

Students will determine whether or not they should assume a defensive position or an offensive position and react accordingly. Students should also be prepared to start and stop quickly.

Instructional Procedures

Students pair up and stand at opposite ends of the basketball court.

The center line is where the half cones are evenly spaced and a basketball is placed atop them. Upon "go" the students run to the mid-line and touch it with their toe, they pivot and return to the end line and touch this line with their toe.

Students pivot again and run towards the mid-line.

The student arriving first picks up a basketball and pivots again towards their original end line.

Their objective is to dribble the basketball and attempt an acceptable shot.

An acceptable shot is generally ten to twelve feet or closer.

The person who gets to the mid-line second becomes a defensive player and races to disrupt their partners shot.

Normal basketball rules apply here, no traveling, no fouling, etc.

The turn is over when the one shot is attempted (made or missed) or the defensive player is successful (blocking a shot, stealing the ball, etc.).

Students return the ball to the mid-line and rotate one position to their right, thereby obtaining a new partner.

Players on the far right simply go to the opposite end of their respective end line.

When they are ready, start the activity again.

Strategies for Diverse Learners

Allow students to shoot closer/farther away from the basket.

Allow multiple attempts at the basket.

Keep the same partners and match them ability wise.

Authors

